

She's "sew" talented

Resident Freda Leno always has had a creative side. At age 12, she took her first sewing lesson and learned how to sew seams. "My mom thought it was a waste. It cost \$1 per lesson, so I only got to take two lessons." Those two lessons and a lot of determination and creativity have paved the way to a lifetime of sewing and handmade creations.

Growing up, Freda sewed for neighbors and family members. "When the kids were young, I would buy enough material to sew myself a dress, my daughter a skirt and shirt, and my four boys and husband had matching shirts," she says. "We all matched when we went on a trip." One of her proudest accomplishments was sewing her daughter's wedding dress.

Freda still sits at her sewing machine in her home, making crayon bags, oven mitts, dolls, and more. Her nine-year-old great-granddaughter got a sewing machine for her birthday and wants to sew like her great-grandmother. "She has sent me some of the things she has sewed, and she is doing great," says Freda. "There are some things I can't wait to teach her!"

Freda gives away many of her handmade treasures and also has some available for purchase. ■



Freda Leno displays her "Cathedral Quilt." She handstitched the entire quilt and covered every button. In addition to sewing clothing and home items, she has made several quilts over the years, winning many ribbons at quilt shows.

Daisies are springing up



Children from Daisy Troop #833332 decorate cookies and read books with residents. The girls earned a petal to add to their vests for Community Helpers. Helen Pfaff (above) and Carolyn Anderson enjoy a fun afternoon with the Daisies.

Life balance and legacy



Marge Coalman, EdD
Vice President of
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Touchmark

The function of *aging* does not guarantee a *life well-lived* or a *life in balance*. What, then, does it mean to create a life in balance? If you search for this phrase on the Internet, you'll find all kinds of comments, poems, and homilies. If you sit down and talk with people—especially older adults—a very different perspective comes to light. It becomes apparent that *legacy* is a critical component of a life in balance. This is true over people's lifespan and especially as they get older.

Legacy is not just about the material goods we have to share with those we love and care about or the causes we hold dear, although those are important components. Legacy is a combination of life experience, wisdom, community service, and commitment that sets our life apart from the harried flow of day-to-day duties. According to many older adults I interview, this results in a sense of well-being and accomplishment that makes each day a day worth "spending" for the value it brings.

Contributions that may be the most effective are not necessarily measured in dollars. Consider these gifts: sharing a vision and making

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(cont.) it real; influencing children or young adults and creating awareness and compassion for themselves and others; developing a thoughtful plan for conservation and environmental stewardship. All of these bequeath a legacy that goes beyond “the stuff” we leave behind. Thoughtful plans, timelines, and guideposts can mark

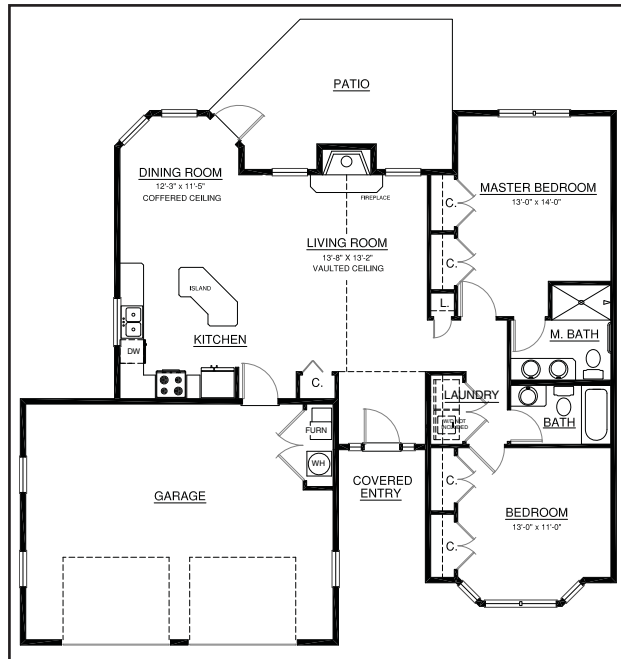
“Legacy is a combination of life experience, wisdom, community service, and commitment that sets our life apart from the harried flow of day-to-day duties.”

the way to inspire future leaders and resolve difficult problems.

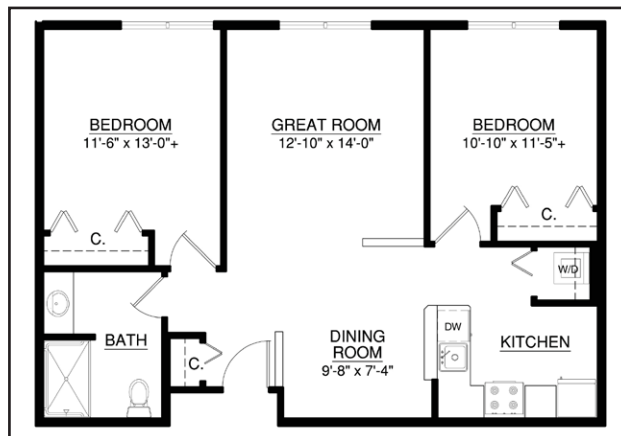
Touchmark communities are

committed to supporting residents’ legacies through lifelong learning, civic engagement, intergenerational programs and services, and life-story work. Our Legacy Project is multidimensional and always growing. To be a part of the Full Life Wellness & Life Enrichment Program™ at Touchmark, contact a Full Life team member to share ideas, goals, and inspiration. ■

Look what’s springing up at Waterford!

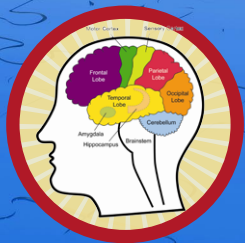


Located at 1015 Waterford Drive, this 1,268-square-foot cottage home offers two bedrooms, two bathrooms, and the active lifestyle you’ve been looking for. Call or stop by today for a personal presentation.



You’ll love the sense of spaciousness created by the cathedral ceilings in apartment 304, which offers 932 square feet, two bedrooms, and one bathroom. This apartment includes lots of storage space and a washer/dryer hookup.

Brain Builders



Rearrange the letters to find the states’ names:

Example: Ah! Look ma. = Oklahoma

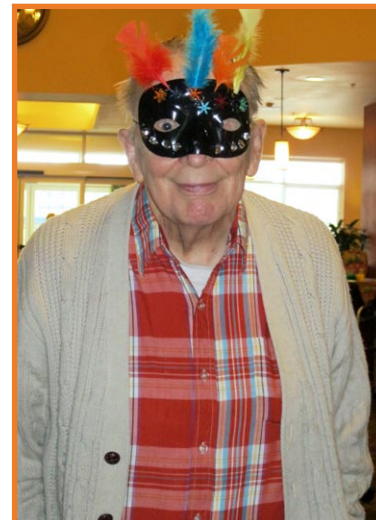
- i own gym _____
- men share whip _____
- loan torn chair _____
- horned dials _____
- coins wins _____
- show inn tag _____

Answers: Wyoming, New Hampshire, North Carolina, Rhode Island, Wisconsin, Washington

Everyone is Cajun on Mardi Gras!



Resident Catherine Seidler gets into the Cajun spirit at Waterford's Mardi Gras celebration, which featured a buffet of Cajun favorites.



Hollis Nappen (left) and Duane Sorum take part in Mardi Gras fun. A two-piece band provided musical entertainment while revelers celebrated with beads, music, and delicious food.

Update from the club

Kicking it up a notch

Several club members have asked for more intense classes to help step up their fitness and health goals. The club now is offering **BFF—Bootcamp, Fin, Fitness**.

This small-group class includes five to six members and combines intense deep-water swimming, strength training, and nutrition counseling. Please talk to Waterford Health & Fitness Club Director Steve Metzger or Certified Personal Trainer and Certified Group Instructor Loretta Benedict for more information.

Taking to the land

Many club members have enjoyed

Instructor Re'Nee Kline's intense aquatic workouts and can now look forward to enjoying her expertise in the strength and studio rooms. Re'Nee is designing a group cardio and fitness class that will be invaluable for weight loss, strength training, and overall health improvement. Watch the fitness schedule for more information.

Changing faces at the club

The club is bidding adieu to Miranda Peterson, who recently accepted her boyfriend's marriage proposal on Valentine's Day. Personal Trainer Kris Chorne is joining the team. Kris brings years of personal-training and group-fitness experience to Waterford. She promises invigorating, challenging, and rewarding workouts!

Join us online!

Become a fan on our Facebook page; visit Touchmark's YouTube channel; or write a review on Google maps.

You Tube™

facebook

Coming Events

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

Thursday, April 7, 4:30 pm

Supper outing to DiDonna's Italian Restaurant. Please sign up at the front desk by Tuesday, April 5.

Friday, April 8, 2 pm

Mad Hatters Tea. Show off your fun "mad" hats. Bring your own teacups and get ready for a fun, nontraditional tea party. Enjoy an afternoon of riddles, games, and fun. Hoyle Room.

Wednesday, April 13, 6:30 pm

Pet Therapy. Lobby.

Thursday, April 14, 2 pm

Luau Party. Dress in your Hawaiian gear, meet in the Lobby for entertainment, and enjoy some Hawaiian treats.

Saturday, April 16, 2 pm

North River of Notes performance. All are welcome! Chapel.

Friday, April 22, 2 pm

Kids Easter Egg Hunt. Come and help the kids find some eggs and play egg toss. Lobby.

You said it!

"It is fun to meet the friendly people who live [here] ..., and new friends are always blessings."

Jim and Vi Vranna

—Residents

Just for laughs!

The Direct Object

Christopher's class was having an English lesson, and the teacher called on Christopher to recite a sentence with a direct object.

Christopher stood and thought, then said, "Teacher, everybody thinks you are beautiful."

"Why thank you, Christopher," the teacher said, blushing. "But what is the direct object?"

"A good report card next month," he replied.

From www.mycleanhumor.com

Waterford on West Century to become Touchmark on West Century later this year

Waterford on West Century—a Touchmark community—has announced that it will change its name later this year to Touchmark on West Century. Because Waterford already is part of the Touchmark family, everything but the name will remain exactly the same. The ownership and management remain unchanged. The name change will be phased in throughout the year.