



A Touchmark® community  
Est. 1980

# Residents bake cookies and deliver encouragement



With neighboring cities flooding, residents wanted to encourage other North Dakotans. They decided to bake and send cookies to their sister community in Fargo, Waterford at Harwood Groves. There, residents (pictured above) delivered the cookies to a volunteer station and sandbaggers. The cookies arrived just in time. Volunteers were enjoying lunch, and the cookies were the perfect addition.

# Things to do, places to go!

Residents shopped and learned creative scarf-tying techniques at a Coldwater Creek shopping event. Edith Ripplinger (left) and Rose Reinbold stop and chat while shopping.

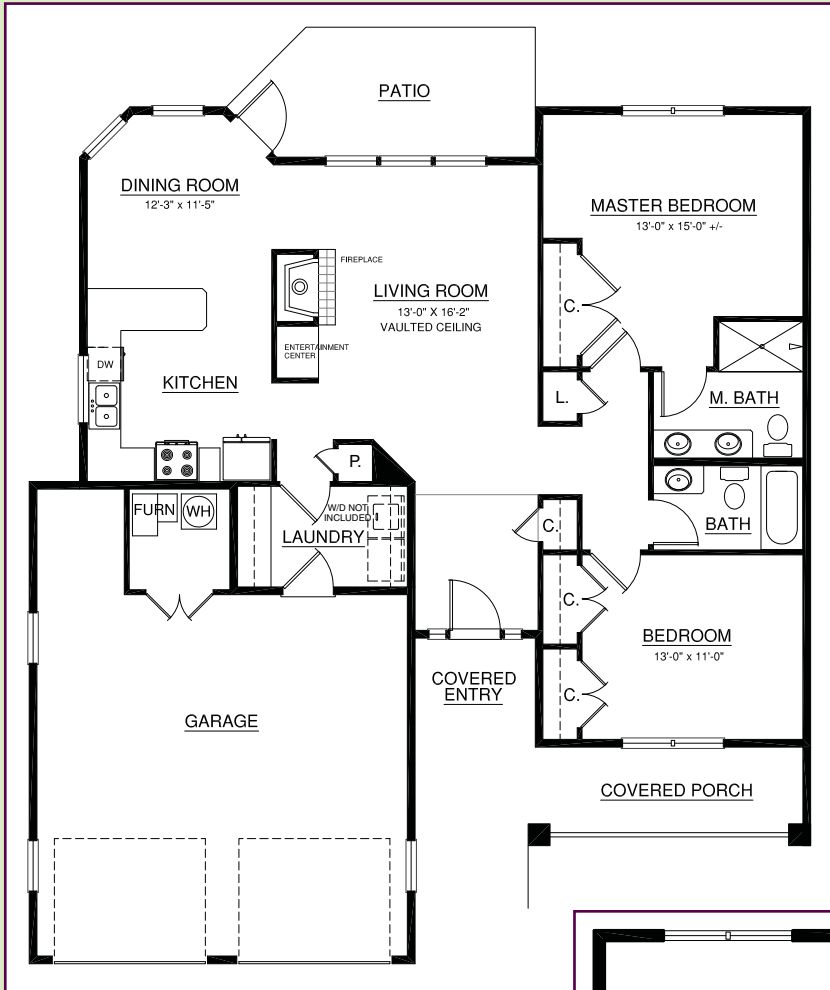


Residents tour the newly renovated Children's Library at the Bismarck Veterans Memorial Public Library.



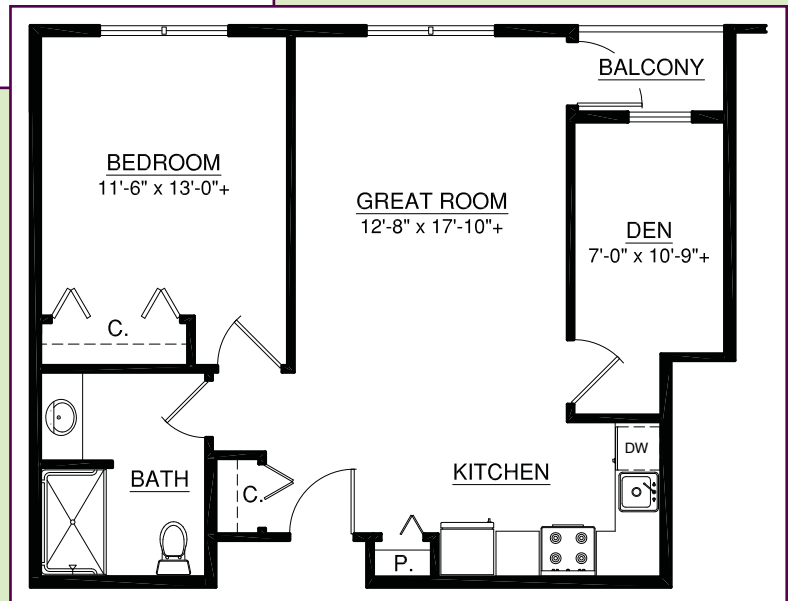
Lewis Thompson shows off some of his photography at a recent Show and Share gathering while Betty Lech displays some of the beautiful quilts she has made for family members.

## You “may” want to see this!



This 1,324-square-foot cottage home is located at 1009 Waterford Drive. Relax in this two-bedroom, two-bathroom home and enjoy the Waterford lifestyle. Call or stop by today for a personal presentation.

The cathedral ceilings in apartment 312 create a sense of spaciousness in this 770-square-foot home. The apartment offers one bedroom, a den, one bathroom, and lots of storage space.



## Enjoying the arts



Freda Leno (left) and Eleanor Sand work on abstract art pieces during a recent Crafters Corner. Using watered-down paint, some straws, and lots of “hot air,” residents had fun laughing and making masterpieces.



University of Mary vocal students Joshua Johnson (left) and Leven Zuelke entertain residents on St. Patrick's Day. The duo sang a variety of Irish tunes and led residents in a sing-along.

## There is no age limit



**Marge Coalman, EdD**

Vice President of Wellness & Programs,  
Touchmark

*“How old would you be if you didn’t know how old you are?”*

— *Satchel Paige, Baseball Hall of Fame inductee, 1971.*

When we consider celebrations, many memory-making moments come to mind: weddings, births, graduations, family reunions, holidays, a child’s first steps, and many others. These landmark life events are often captured in photos and videotapes to be revisited and celebrated. They are shared across generations and are historically significant for each individual who shares in the memory of the event.

Personal landmarks are achieved at any age. In the documentary series *Over 90* and *Loving It*, filmmaker Susan Polis Shultz highlights life achievements by people 90-plus years. This series is currently featured on public broadcasting stations, and it is inspiring.

Consider these examples that Polis captures. A 97-year-old woman celebrates obtaining her master’s degree. A couple in their 90s walk down the aisle in a marriage ceremony, and a 94 year-old is a gold-medal winner in the pole vault at the Senior Olympics.

Throughout, the series explores two primary beliefs of the featured nonagenarians: (1) most did not expect to be here this long; (2) they seem to be completely unaware of chronological age being a limiting factor in achieving their goals and pursuing their dreams.

The series also overturns ageism—that insidious belief that at any age, achievements are limited, not appropriate, or possible only in one’s imagination. The pervasiveness of ageism is a cultural phenomenon worldwide and is especially prevalent in the United States. A documentary like this helps to refute those myths and mistaken beliefs.

*(cont.)*

(cont.) In this series and other age positive campaigns—the Dove series of ads, the Ontario Human Rights project, the National Center for Creative Aging’s Beautiful Minds photo display—people’s age is irrelevant. It’s what they’re doing that is important.

Touchmark is committed to promoting and encouraging personal experiences for all residents. We provide opportunities for people to explore, celebrate, imagine—and live—the possibilities. There is no age limit.

To learn more about the Full Life Wellness & Life Enrichment Program, contact Waterford’s director, Amy Miller. ■

## Volunteer offers a hand



**Volunteer Kayla Peterson gives Elsie Clairmont a hand massage. Want to volunteer? Talk with a member of the Life Enrichment/Wellness team.**

## Club update

### New Exerstrider class begins this summer

Enjoy outdoor walking while strengthening your body with Nordic walking poles. The poles help improve balance, burn calories, and build upper body muscles. Watch for this new class in the upcoming schedule.

### Weight-loss program to start in June

The weight-loss program will include diet and nutrition education and cardio and strength programming. Dietitians and fitness specialists will support participants on their weight-loss journey. Contact the club for more information.

### Strength circuit class offered

The club is now offering a new strength circuit class in the studio. This program aims to improve your fitness levels in less time by using strength training in a circuit setting. Participants will increase their heart rates and burns lots of calories. Come try this no-charge class Mondays and Wednesdays at 6 pm.

### Complimentary fitness screenings for new members

In June, the club will introduce no-charge fitness screenings for new members. This testing process will include range of motion, strength, and cardio. The results will help you make a fitness plan. Call the club for more details. ■

## *Just for laughs!*

Celebrate the month of May with these fun holidays.

Dance like a chicken day - May 14 • National chocolate chip day - May 15 • National tap dance day - May 25

## Coming Events

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

### Thursday, May 12, 10 am

Ixcán Creations presentation on jewelry and textiles, which are handcrafted by Maya women in northwest Guatemala. Learn how the ladies make beautiful jewelry using the seeds. Everyone is welcome. Creative Arts Room.

### Thursday, May 12, 7:30 pm

*Forever Plaid*, presented by Dakota Stage Ltd. Tickets are \$15 per person. Please sign up at the front desk by Tuesday, May 10.

### Monday, May 16, 7 pm

Entertainment by Inspired Artist Dorene Greg from Newport, Washington. Guitar music and vocals with a sing-along and show. Everyone is welcome. Chapel.

### Thursday, May 19, 11 am to 1 pm

Mexican Buffet. Four Seasons Dining Room.

### Friday, May 20, 7:30 pm

Outing to see *Snow White*, presented by Northern Plains Dance. Cost: \$11 per person. Sign up at front desk by May 18.

## Brain Builders

Can you solve these mind-bending puzzles?

1. What is black when you buy it, red when you use it, and gray when you throw it away?
2. What occurs once in every minute, twice in every moment, yet never in a thousand years?
3. Can you name three consecutive days without using the words Monday, Tuesday, Wednesday, Thursday, Friday, Saturday, or Sunday?

*Answers:*

1. Charcoal
2. The letter "m"
3. Yesterday, today, and tomorrow

