



A Touchmark® community
Est. 1980

Waterford “Floats for the Flood” kicks off competitive flood relief fundraiser — Christmas in July

Waterford is holding a “Floats for the Flood” fundraiser Friday, July 15 from 11 am to 2 pm in its lobby.

The public is invited to stop by, make a donation to the Bismarck Red Cross or Minot Area Community Foundation, and enjoy a root beer float.

The event kicks off a competition with the Waterford at Harwood Groves in Fargo to see which community can raise more money for flood relief efforts through the end of July.

Both retirement communities are using a Christmas in July theme for the month-long fundraiser to reflect an original song penned for the effort by Fargo Waterford resident Ray Green titled, *Supporting Minot, Christmas in July*.

“For every donation, we’ll add an ornament to our Christmas in July tree. We hope to have a very full tree by the end of the month,” says Amy Miller, Life Enrichment director at Waterford on West Century. She encourages people to stop by Waterford and help Bismarck and Minot families affected by the devastating floods. ■



Resident Council members (top photo, from left) Margaret Volk, Rose Reinbold, Edith Ripplinger, and Pat King decorate the Christmas in July tree, which is part of a competitive fundraiser between the two North Dakota Waterford communities. For every donation, Waterford will add an ornament to the tree.



Lending a hand



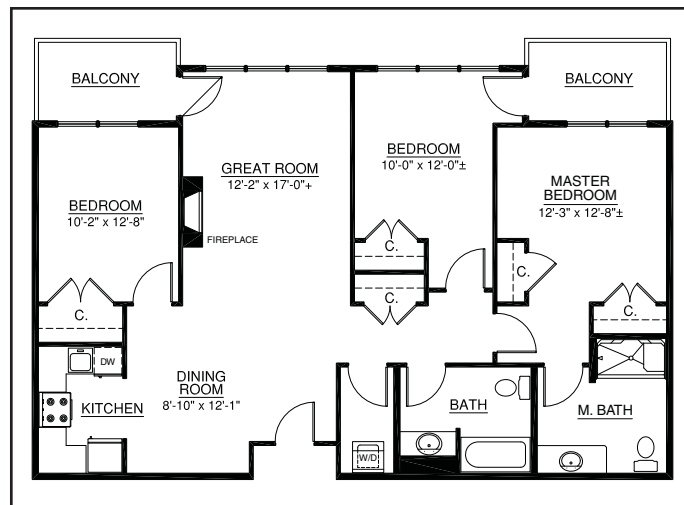
North Dakota is experiencing record flooding. Waterford residents are offering help and encouragement where they can. Resident Hollis Nappen, 92, helps feed volunteers and National Guard members battling the swelling Missouri River in the Bismarck-Mandan area. Hollis is a member of the Lions Club and oversees the food booth.



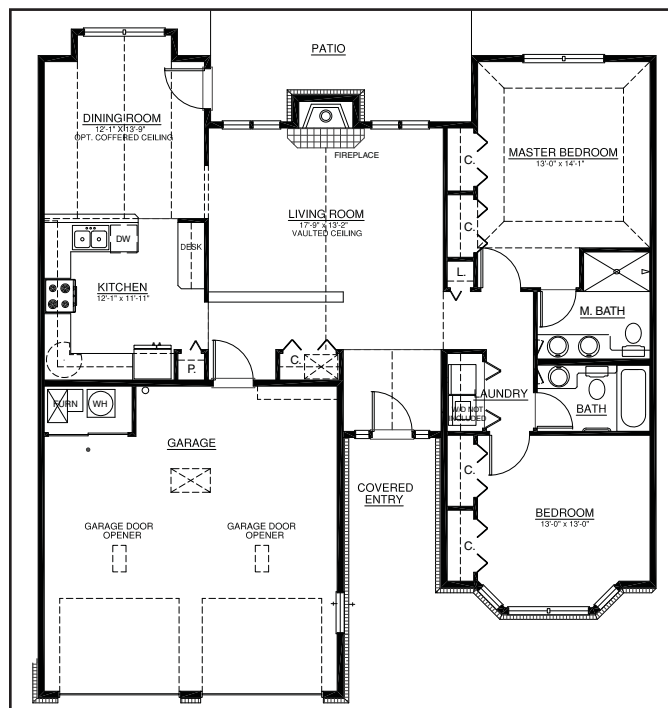
The Crafters Corner and Kitchen Fun groups make chocolate-chip cookies and encouraging cards for the flood workers.



Celebrate an enriched life



Apartment 365 offers 1,275 square feet, including three bedrooms and two bathrooms.



This Chelsea cottage home is located at 927 Waterford Drive. The 1,370-square-foot home features a gas fireplace, private patio, and high ceilings. Call or stop by today for a personal presentation.



Coming Events

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

Friday, July 15, 2:30 pm

"County" Fair. Stop by the lobby for games, prizes, food, and FUN!

Monday, July 18, 7:30 pm

Outing to see *Jesus Christ Superstar* at Sleepy Hollow Outdoor Theatre. Tickets are \$14 per person. Please sign up at front desk.

Friday, July 22, 2:30 pm

Ice-cream social. Celebrate Waterford volunteers. Four Seasons Dining Room.

Club news

Get wet. Get fit. Go to camp.

If you love the water, then Loretta is Certified Instructor/Personal Trainer Loretta Benedict's Boot Camp Fin Fitness class is for you. Call the club for details!

Coming in September

Mark your calendar for the Waterford Health Fair Tuesday, Sept. 27. Individuals 40 and over are invited to stop by the club for fitness and health testing, including strength, cardiovascular, flexibility, blood pressure, blood sugar, cholesterol, balance testing, and body fat. Please call the club for details. ■

Knitting for newborns



The Knitting for Newborns group puts the needle to the yarn to make cozy hats for the newborns at St. Alexius Medical Center. The knitters meet twice each month and have completed 100 hats. The



project was started many years ago by Sue Lacher, in memory of her mother, Mary Sadowsky. Mary graduated from the St. Alexius School of Nursing in 1939 and was a labor and delivery nurse for over 40 years at St. Joseph's Hospital in Dickinson. Mary and her sisters and friends began making the caps for the babies born at St. Joseph's, and Sue is honored to carry on her mother's legacy. Residents and friends have helped Sue keep up with her goal of making sure every baby has a knitted hat. From left: resident Adele Johnson, Clinical Coordinator of Women's Services at St. Alexius Medical Center Jackie Wilke, resident Eleanor Sand, and Waterford volunteers Bonna Cunningham, Sue Lacher, and Linda Rainwater. KXMC featured the group's donation.

Celebrating good citizens



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

"It is not always the same thing to be a good man and a good citizen." — Aristotle

Do you remember learning the fundamentals of being a good citizen? Maybe not, since the values are introduced to children as early as kindergarten—and even before that at home. Five basic values have not changed over the last millennium. They are honesty, compassion, respect, responsibility, and courage. Being a person of good character, though, is not the same as being a good citizen. Being a good citizen translates character into action.

It is not hard to recognize when people have incorporated core values into their life practices. Think of the neighbor who watches out for the neighborhood; the volunteer who gives time, talent, and resources to causes that are in the best interest of the local—and global—community; the taxpayer and voter who carry out their responsibilities in a timely and honest way.

Valuing the opinions and actions of others—even those who may disagree with us—is another important attribute, along with demonstrating courtesy and respect.

As we celebrate patriotism *(cont.)*

(cont.) on Canada Day and Independence Day, let's also rejoice in the good citizens who support their community and country with lives well-lived. Those people who do the good deeds, have caring hearts and are loyal and supportive to family, friends, neighbors, and even strangers. They may or may not wave flags or get involved in politics, but they "walk the talk" by genuinely supporting and contributing to the greater good of all.

The Full Life Wellness & Life Enrichment Program™ at Waterford invites every good citizen to be a contributor to the goal and mission of enriching people's lives. To participate in planning and activities that support this mission, contact a member of the Full Life™ team. ■



Edith Ripplinger participates in the Wii Bowling.



Megan Myrdal, from the Burleigh County Extension office, presents *The Food Pyramid Now and During World War I.*

Recent events



Karmen Siirtola (left) and Rhonda Schafer discuss their company, Ixcan Ministries, with residents. Women in Guatemala use dried seeds to make beautiful jewelry and weavings using the ancient art of backstrap weaving. The proceeds support 37 jewelry makers and weavers.

Residents take advantage of the warmer weather and plant flowers and veggies.

