

Clowning around ...

The Waterford community celebrated the returning flowers, birds, and blooms with the annual Spring Fling Party.

Special mystery guest Tince the Clown (Cynthia Sillers) treated people to a humorous performance, which included magic tricks and giving away more than 130 balloon flowers.

Cynthia is the daughter of residents Douglas and Margaret Sillers, and everyone smiled and chuckled when she introduced her father, who was wearing a red

clown nose. “Can you see any resemblance?,” she asked the crowd.

“Everyone enjoyed this special treat. Laughter warmed our hearts,” shares Douglas. ■



Tince the Clown (Cynthia Sillers) added fun and humor to the spring party. Her father, resident Douglas Sillers (pictured), joined the performance. “I’ve been helping with clown parties for years,” says Douglas.



Lorine Nohr dons a balloon hat at the Spring Fling party.

(cont.)

Mark your calendar for Active Aging Week

Organized by the International Council on Active Aging, this national

health promotion event helps advance active, healthy aging. The annual event is held Sept. 22 to Sept. 28.

Watch future newsletters for coming details about Waterford’s Active Aging Week celebration. ■



(cont.)



From left: Life Enrichment/Wellness Assistant Katie Carlson, Tince the Clown, and Life Enrichment/Wellness Director Mary Tvedt pose for a photo at the spring party.



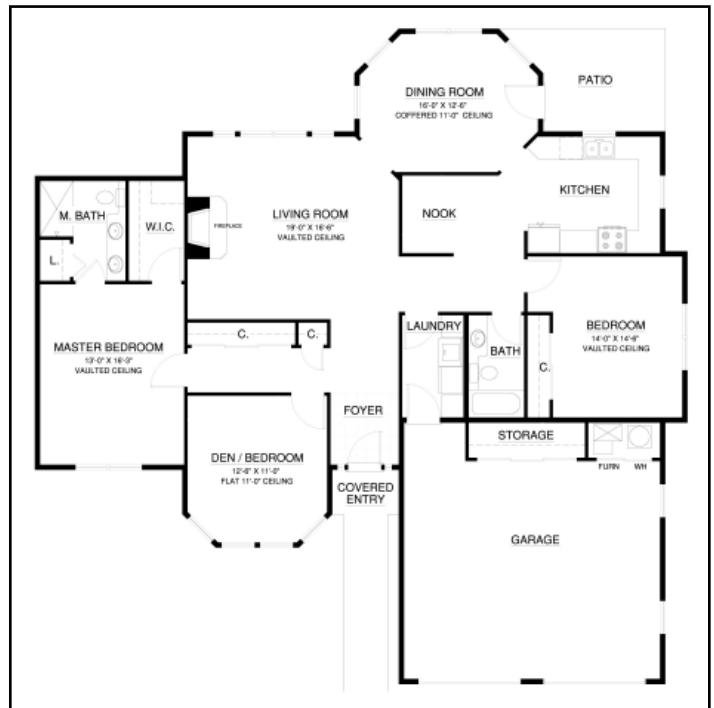
Douglas Sillers (center) gives Abner Selvig (left) and Jim Dawson flower balloons.

Share celebrations in a vibrant community

Summertime presents several celebratory occasions, as family and friends gather for barbecues, hikes, and patriotic parties. During these social gatherings, friendships and memories grow and thrive.

At Waterford, socialization is a key component of daily life and the Life Enrichment/Wellness program, which encourages—and supports—people to live happier, healthier lifestyles by becoming personally involved and engaged. Through partnering with Waterford, people take “ownership” of their own well-being, which includes having numerous opportunities to create and nurture friendships.

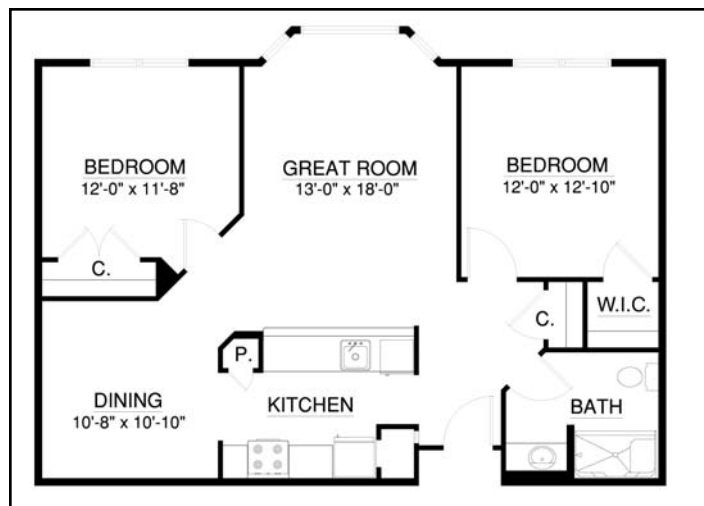
Do you envision sharing this summer’s celebrations with friends? Visit Waterford today to learn more about this vibrant community or call 701-476-1200 to learn more about the summer’s featured homes. ■



Within the 1,832-square-foot Manchester home, you can enjoy vaulted ceilings, central air, and a den. Call today for your personal presentation.

(cont.)

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This apartment home features a 995-square-foot floor plan, lovely views, and central air. Some apartments include patios.

The greater good of all



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

This media story goes on to say that Lucas was six days past his 17th birthday in February 1945 when his heroism at Iwo Jima earned him the highest military honor. He used his body to shield three squad members from two

“Jack Lucas, a North Carolina native who at 14 lied his way into military service during the Second World War and became the youngest U.S. Marine to receive the Medal of Honour, has died. He was 80.”

—*Globe and Mail, June 9, 2008*

grenades and nearly died when one exploded.

Across the United States and in Canada throughout the year, we honor veterans—and active military personnel—who put themselves in harm’s way to guarantee our freedom and democracy. Offering oneself in service for the greater good of all is a value everyone can support, regardless of individual political opinions and feelings about wars past and present.

The voices of men and women who served overseas and at home during World War II have been collected in a book brought to publication by Leaman and Judith Harris, residents of Touchmark at Coffee Creek in Edmond, Oklahoma. What started as oral storytelling in the community recreation room (named “the bunker” by residents, who have decorated the room with memorabilia from all branches of the Armed Forces) became a book. Titled *As We Lived It*, this hard-cover book is a collection of personal stories and historical photos. Six of the 18 stories are by women on the home front. According to the Harris, *As We Lived It* isn’t just a war story. Rather, it’s about life during the war years.

At Waterford on South Hill in Spokane, (cont.)



In an act of generosity and benevolence on their part, residents stipulated that proceeds of this book benefit the Touchmark Foundation, a public charity devoted to finding ways to help seniors receive help and support, such as providing scholarships for nursing students. The book (\$29) can be ordered by calling (405) 340-1975 to request an order form.

(cont.) Wash., residents recently donated \$1,115 to the Fairchild Air Force base. The money will purchase overseas long-distance calling cards, allowing Spokane men and women serving in Iraq to talk with their families. This is the fourth year the residents have supported this project with their personal donations.

Many programs at Touchmark communities support the whole-person wellness concept of “giving back” or community outreach. They all share a main attribute—the philosophy of *the greater good of all*. To learn more about opportunities to reach out to others, contact Life Enrichment/Wellness Director Mary Tvedt. ■

National wellness instructor to lead training workshops

Rob Winningham, PhD, will lead Cognitive Training Workshops for Life Enrichment/Wellness directors and coordinators and invited guests.

In August, Rob will present in Fargo, North Dakota, and then in September, he will offer the same training in Spokane, Washington. Attendees who participate in the total training hours and pass the exam will be certified as Geriatric Wellness Instructors for a period of two years.

“These training sessions are a continuation of our mission—to enrich people’s lives,” says Touchmark Vice President of Wellness & Programs Marge Coalman, EdD. “Team members can gain specialized training and enrichment and, in turn, they can build up others.”

Coming Events

Tuesday, July 1, 6:15 pm

Leave for Fargo-Moorhead RedHawks baseball game at Newman Outdoor Field.
Cost: \$8.25.

Friday, July 4, 10 am

Waterford bus leaves Day of Relaxation event at Executive Director Deb Magnuson’s lake home on Nelson Lake.

Wednesday, July 9, 10 am

Outdoor activity with ABC Sandcastle Daycare.

Thursday, July 17, starting at 5 pm

Monthly birthday party with beach theme. Dinner is at 5 and 5:30 pm and music is at 7 pm. Michael Helm will perform in the auditorium.

Wednesday, July 23, 11 am

Red Hat Ladies Lunch at the Silver Spoon Restaurant.

Recent event



From left: Grace Hans, Louise Holm, and Doris Flaming play the part of cheerleaders at a recent beanbag game. Waterford’s Tony’s Tigers played against Edgewood Vista Retirement Community.

Club offers summer walking and more

Try the Summer Walking Club

Come and enjoy a group exercise class that incorporates the great outdoors. The group will walk the trails around Waterford and slowly increase the distance covered. The class will meet Fridays at 8:15 am.

Join the Lunchtime Group Exercise Class

To help you continue making exercise a priority throughout summer, the club has added a group exercise class that rotates between aquatic fitness, yoga, circuit training, and outdoor circuit training. If evening classes are hard to make, consider coming to this class, which meets Tuesday and Thursday at noon.

Add balance to your life

- FallProof H2O is coming soon. This class uses the comfort of the water to help improve balance and mobility and, in turn, helps reduce falls.
- In addition to the upcoming FallProof H2O, the club currently uses the Balance Master® to help evaluate balance and provide information for treatment regimens for clients. If you have experienced a recent fall, feel unsteady on your feet, have spells of dizziness, or have another reason to believe you might have a balance problem, you should talk to your doctor. Assisted by the medical history provided by your doctor, the club staff can offer you an assessment to determine your ability to maintain your balance as well as your risk of falling. For more information, please contact Waterford Health & Fitness Club Director Mark Minette at 701-526-1055.

Take advantage of this summer special

Do you need extra motivation for your workouts? The club's personal trainers can tailor a workout to your needs, provide an effective, efficient workout, and help motivate you to reach your health and wellness goals. Personal training summer special is now available on a first-come, first-serve basis: Waterford is offering an individual, 30-minute session for only \$15. This is a limited-availability special, so call 701-526-1055 today.

Enjoy the benefits of massage therapy

Whether you're a club member or not, schedule a massage therapy appointment. Massage can help alleviate low-back pain, improve range of motion, increase joint flexibility, and improve circulation. Massage also is beneficial for individuals with anxiety or depression, as it can help relax muscles and enhance positive, calm thinking. Schedule your massage at the club's front desk or by calling 701-526-1055.

- **Cost for club member:** \$45 for half-hour massage or \$55 for hour massage
- **Club for public:** \$50 for half-hour massage or \$65 for hour massage ■