

Two events offer a taste of the Old West



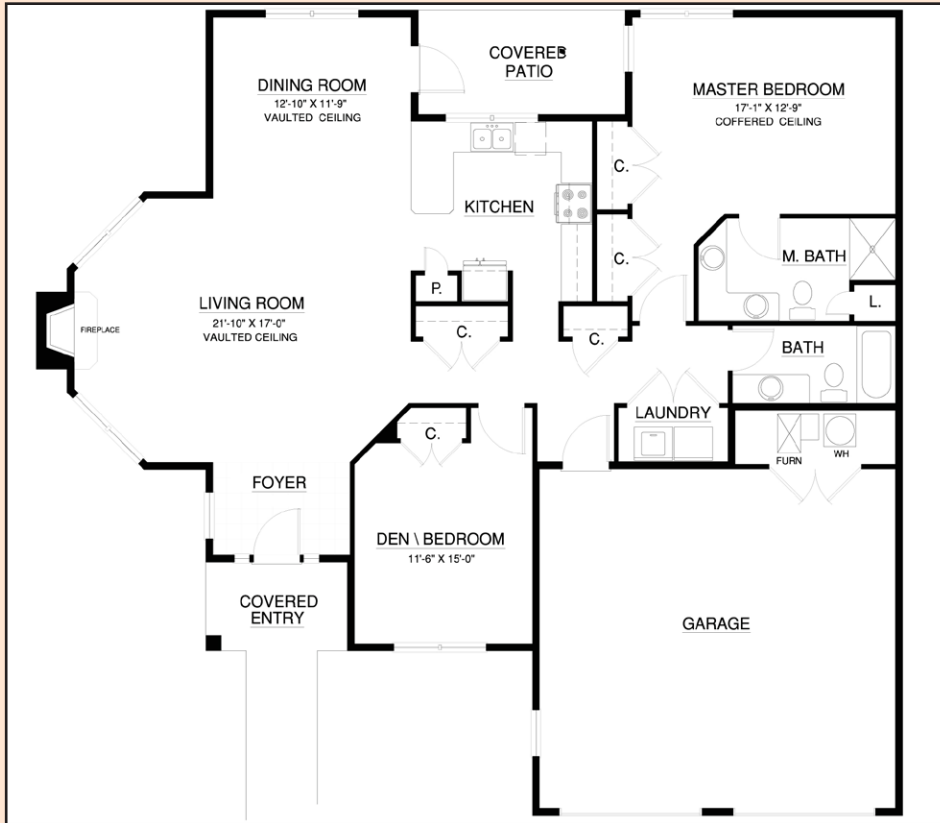
From left: Ed Hoag, Phyllis Dowdell, Tom Dowdell, Nancy Thorndal, and Norma Peltier delight the crowd with their creative skit, *The Cactus Juice Saloon*. Tom directed the performance and played the piano, and the cast of characters included Miss Lacey, the owner of the Cactus Juice Saloon; Lefty the cowboy drifter; Sheriff Stoutheart; and Miss Susannah, the singer at the saloon. The cast also organized their own costumes and props. After the performance, the audience enjoyed a western-themed birthday dinner.



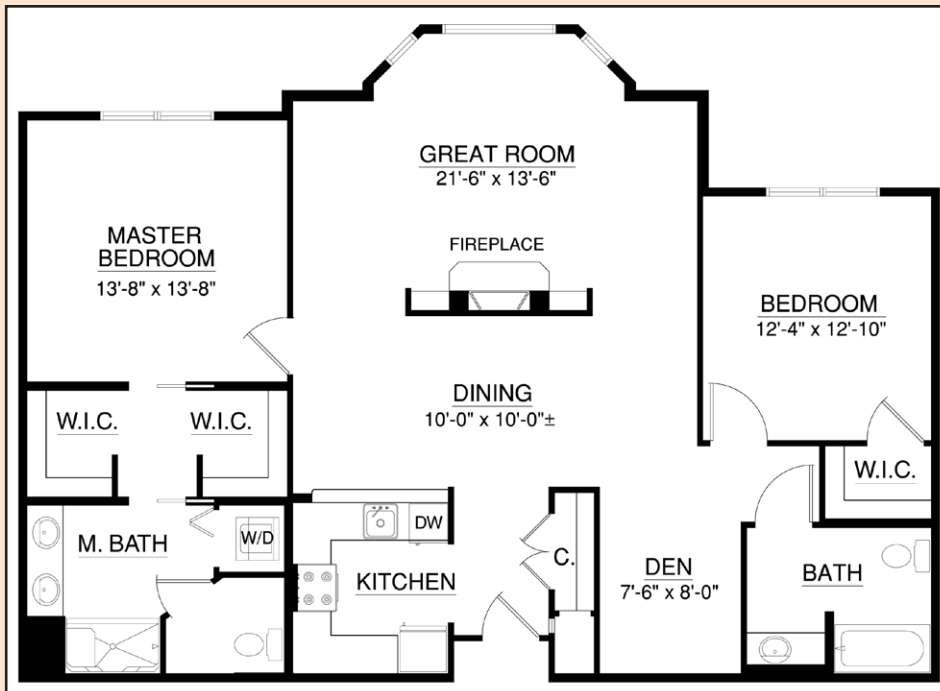
Cowboy Poet Jay Teshler visits with (from left) Sally Kaiser, Dot Reid, and Tom Reid after his performance. The youngest of 12 children, Jay grew up in Beach, North Dakota. "My father, Alvin, had learned cowboy poetry over the years and used to recite it to the family while feeding the horses, traveling on road trips, and nearly any opportunity," says Jay.



Have fun in the sun at Waterford



With two bedrooms and two bathrooms, this 1,559-square-foot cottage home at 3410 Waterford Drive offers plenty of room for visitors and hobbies, with easy access to all the community amenities.



Apartment 271 is one of only two available in this desirable 1,445-square-foot floor plan. Call or stop by today for a personal presentation of this two-bedroom, two-bathroom home.

Challenge for a cause

Over five million Americans are living with Alzheimer's disease, the seventh-leading cause of death in the United States. In an effort to support Alzheimer's research while promoting friendly competition, Waterford at Harwood Groves and Waterford on West Century in Bismarck are engaging in a challenge to raise funds for the Alzheimer's Association Memory Walk®.

Throughout the months of June, July, and August, the two communities are holding various fund-raising events and recruiting walkers for their Memory Walk teams. (The Memory Walk is Saturday, September 18. See a member of the Life Enrichment/Wellness team if you're interested in participating.) Waterford at Harwood Groves kicked off its fund-raising efforts with a root-beer-float social, raising \$250 for the Alzheimer's Association (The group also added \$352.50 from a recent bake sale.). Residents and team members visited while sipping root beer floats and tapping their feet to the delightful tunes of Gordon Overland's accordion. Gordon has played the accordion for years and was thrilled to add his festive tunes to the gathering. ■



Gordon Overland delights the crowd at a recent root beer float social. His musical talents on the accordion added a festive air to the fund-raising event for the Alzheimer's Association. Gordon and his wife, Ardelle, moved to Fargo from northwestern North Dakota. Gordon grew up near Crosby, and

Ardelle was raised near Alamo. They farmed wheat, barley, oats, and flax in that area for many years. They have four children (Kevin, Kathy, Keith, and Karen) and nine grandchildren. They both enjoy the old-time music, and Gordon played the accordion in a band for many years. They also enjoy trips to the casino.

I remember when ...



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

"Learn from yesterday, live for today, and hope for tomorrow. The important thing is to never stop questioning." — Albert Einstein

So many shared moments of pride and defining events associated with strong emotions start with the phrase, "I remember when ...". As we come to the season of patriotic pride for Americans and Canadians, there is value in remembering historic examples of our countries' abilities to come together for the greater good of all.

Following the bombing of Pearl Harbor, U. S. President Franklin D. Roosevelt talked to Americans about the need for sacrifice—a sentiment echoed by England's Prime Minister Winston Churchill and Canada's Prime Minister William Lyon Mackenzie King.

Speaking to all of us—citizens of all ages—these leaders emphasized the need for sacrifice on behalf of the war effort. They talked about the unforeseen cost of defending liberty and freedom. They encouraged everyone to consume less, conserve more, and give up what might be considered "luxuries." They stressed that we would need to cope with scarce resources of day-to-day staples and necessities.

In today's world of economic turbulence and worldwide concerns regarding natural resources and conservation, it would serve us well to simplify, sacrifice, share, and serve. In lands of plenty, there are millions who do not have enough food, clothing, and shelter.

Touchmark's Full Life Wellness & Life Enrichment Program encourages all residents and team members to conserve, recycle, share, and volunteer to enhance the well-being of ourselves and others. To find out

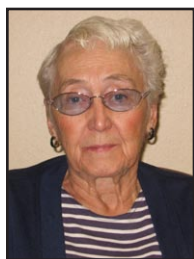
(cont.)

(cont.) about opportunities at Waterford, contact a member of the Life Enrichment/Wellness team.

You *can* make a difference. ■

Celebrating Moments of Pride: A writer with a patriotic heart

The 2010 theme for the award-winning Life Enrichment/Wellness program is Moments of Pride. Throughout the year, Waterford will feature photos and stories that highlight moments of pride for residents and team members.



Virginia Palm

Resident Virginia Palm is a person with deep patriotic family roots. Her father was a World War I Army veteran who served overseas in France. She lost a brother in the Navy on the last day of World War II when the submarine, The Bullhead, was dive-bombed by the Japanese. Virginia married C. W. Presuhn in 1946 after his Army service. After 30 years of marriage, Virginia married R.E. Palm in 1980. They had served as Army veterans in World War II in Germany, Korea, and Vietnam. Both have passed away. Virginia is a life member of the Veterans of Foreign Wars and American Legion Auxiliary.

In 1976, the American Legion Auxiliary in Fergus Falls, Minnesota, formed The American Heritage Group. Over 10 years, the group marched over 2,000 miles in parades, carrying flags representing each war in US history. The men and women of this group dressed in the uniform styles of all wars up until that time. A short program relating the numbers of men and women who served and were lost in each war was given in schools and churches during the bicentennial year. Virginia enjoyed participating in some of these events.

Growing up on a farm, Virginia's family always hosted relatives for Memorial Day and Fourth of July

picnics, after the group attended community services in the Legion Hall and parades down Main Street. Both her mother and father served as commander or president of the American Legion Auxiliary, so patriotism was a household focus.

One of Virginia's talents is her poetry- and story-writing ability. She was a part of the Arizona State Poetry Society and the Black Hills Writers Group. Much of her work has been compiled into the book *Ginny's Gibberish*. She recently helped Waterford honor the community's nurses and housekeepers by writing a creative poem for their 'thank you' cards. Virginia wrote the following in 1986.

For God and Country

By Virginia Palm

For God and country
They answered the call;
Served in the Armed Forces
And many gave "their all."

For God and country
They defended their flag
And tho' many were heroes
Were shunned like a plague.

For God and country
Let us all be proud
Of our service men and women
And sing their praises loud.

As we enjoy our freedom
Flags unfurled and while fireworks burst
Be grateful our brave and fearless warriors
Put "God and Country" first.

During Waterford's weekly Brain Builder classes, Virginia's loves to use her word skills. She is quick to decipher word puzzles and recently identified over 150 words from the phrase "Let's Play Ball" without using any plurals.

Virginia moved to Waterford from Sun City, Arizona. She grew up in Bridgewater, South Dakota, (cont.)

(cont.) and has lived in several towns in South Dakota and Minnesota and the last 16 years in Arizona. A former bookkeeper, Virginia has three children and has been active in church choir, circle, and as an organist for years. She enjoys playing games, like Whist, Hand and Foot, and Scrabble; reading; and walking in the water at the Waterford Health & Fitness Club. ■

Coming Events

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

Friday, July 23, 6:45 pm

Bus leaves for Minnesota State University Moorhead Straw Hat Players' performance of *The Music Man*.

Monday, July 26, 2:30 pm

Clarinet concert by Tracy Myers. Auditorium.

Tuesday, July 27, 5 pm

Out & About at Seasons at Rose Creek.

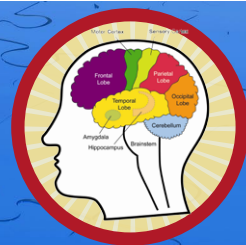
Just for laughs!



Add laughter to your life. Click the link below to watch a YouTube video of Brenda Edmonds demonstrating Laughter Yoga at an international training for Touchmark staff. Brenda is the Life Enrichment/Wellness director at the Touchmark community in Edmonton, Alberta, and is certified to lead Laughter Yoga. To learn more about Laughter Yoga, visit www.laughteryoga.org.

[Click here to watch the video.](#)

Brain Builders



Do these math problems as fast as you can.

- | | | |
|-----------------|-------------------|-------------------|
| 1. $8 - 5$ | 9. $32 + 36$ | 17. $11 - 2$ |
| 2. $9 + 26$ | 10. $7 - 2$ | 18. 1×4 |
| 3. $29 - 1$ | 11. 3×10 | 19. $33 + 9$ |
| 4. $9 + 9$ | 12. $12 + 30$ | 20. $22 - 6 + 1$ |
| 5. $27 - 20$ | 13. $18 - 9$ | 21. $16 + 13$ |
| 6. 2×7 | 14. 0×5 | 22. 25×1 |
| 7. 5×5 | 15. $1 + 6 - 2$ | 23. 2×3 |
| 8. $20 - 10$ | 16. $40 - 25$ | 24. $26 + 36$ |

- | | | | |
|--------|--------|--------|-------|
| 24. 62 | 18. 4 | 12. 42 | 6. 14 |
| 23. 6 | 17. 9 | 11. 30 | 5. 7 |
| 22. 25 | 16. 15 | 10. 5 | 4. 18 |
| 21. 29 | 15. 5 | 9. 68 | 3. 28 |
| 20. 17 | 14. 0 | 8. 10 | 2. 35 |
| 19. 42 | 13. 9 | 7. 25 | 1. 3 |

Answers:

Summer exercise and weight loss

Often people exercise throughout the year to look great in their summer clothes or swimsuits. Once the sunny season and celebrations hit, some forgo consistent exercise and positive eating habits. Try these tips to continue (or start) healthy habits:

~ **Be conscious of “eating” events.** Food takes center stage at most summer gatherings. If you know a

shindig will offer not-so-healthy food, eat a healthy snack before you arrive. If you’re hosting, offer guests healthy food choices, like grilled, skinless chicken breast, fresh fruits, and vegetables.

~ **Enjoy the many seasonal fresh fruit and vegetable choices.**

~ **Continue exercising on a regular basis and enjoy the outdoors.** Remember to warm up and stretch prior to any outdoor activity.

~ **Stay well-hydrated during all of your outdoor activities.**

~ **Monitor your alcohol intake.** Consider alternating a glass of water with every alcoholic beverage consumed.

Massage special

Purchase three massages at the club and get one at no charge.

FallProof your life!

Watch the club’s calendar for the final session of FallProof H2O, Falls Prevention and Awareness Month activities, and information on the Fall Recovery Class.

2010

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20 Tips to Wellness You Can Do in 10 Minutes™

Team members and residents are gathering and sharing wellness tips for moments of engagement that can be done in 10 minutes or less. These tips cover all six dimensions of wellness (physical, social, intellectual, emotional, spiritual, and vocational) that are needed to nurture the whole person.

- Meditate.
- Try a new recipe.
- Lift weights.
- Read a new book.
- Stretch.
- Do 10 minutes of yoga poses.
- Answer an e-mail.
- Walk for 10 minutes.
- Teach someone a certain dance.
- Say a prayer.