

Beat the flood!



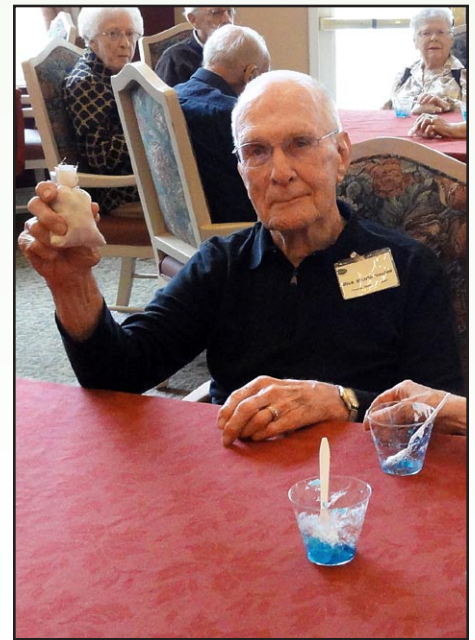
With the Red River cresting at 38.75 feet in mid-April, Waterford didn't need to initiate its evacuation plan. To celebrate, the community held a "Beat the Crest" flood party, where they honored (left to right) Executive Director Kari Dick, Front Desk Supervisor Stacey Adams, and Building Services Manager CJ Sahr for their work preparing the flood evacuation plan. Residents signed messages of appreciation on clean (and empty) sandbags with the message "We Beat the Crest" written on them. Resident Council President Milt Anderson (far right) presented the sandbags to CJ, Stacey, and Kari.



Elsie Brinkworth (left) and Denise Mullen enjoy the whimsical refreshments at the party. Blue gelatin decorated with gummy lifesavers represent the river water and life preservers. The miniature sandbags on the tables were used for a game.



Mary Magill signs a sandbag at the recent "We Beat the Crest" party.



Dick VanderMeulen holds up a sandbag passed to him by his wife, Edith, during the party game.

Encouragement in a cookie

During the flooding, residents from Waterford's sister community in Bismarck (Waterford on West Century) wanted to encourage other North Dakotans. They baked and sent cookies to Fargo, where Waterford residents delivered the cookies to a volunteer station and sandbaggers.

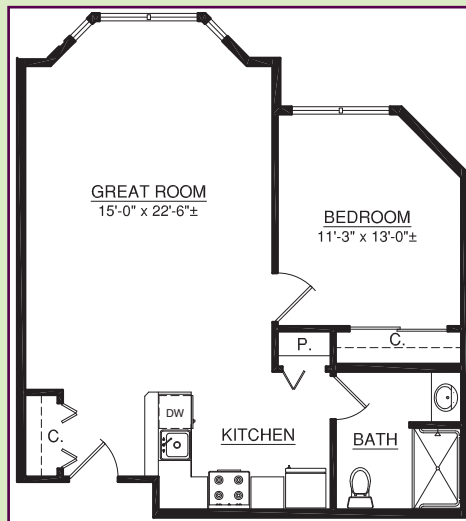


Lorry Lyngstad (left) visits with flood volunteers while delivering cookies made by Waterford's sister community in Bismarck.



As sandbaggers worked to save this home, the owner scrambled to make a chili lunch for the volunteers. The cookies from Waterford arrived just in time. Volunteers were enjoying lunch, and the cookies were the perfect addition.

You "may" want to see this!



Close to the main elevator, apartment 205 offers a beautiful view of the Waterford entrance. This 747-square-foot home has one bedroom and one bathroom.



This spacious 1,880-square-foot beauty is currently a model home and offers comfort, style, and many amenities. Located at 3418 Waterford Drive, it boasts two patios—one covered—two bedrooms, and two bathrooms. Call or stop by today and experience the Waterford lifestyle.

Do the Bingo Walk



Leona Paulson exercises her competitive side while exercising her body during the recent Bingo Walk. Residents walked to different spots on campus collecting numbers for the game.



Katie Carlson, Life Enrichment/Wellness assistant, congratulates residents as they complete the walk.

Coming Events

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

Wednesday, May 11, 11 am

Lunch at Green Market Café. Sign up at the Front Desk.

Monday, May 16, 2:30 pm

The Vision Loss Support Group discusses canes and other mobility aids. Hoyle Room.

Wednesday, May 18, 2:30 pm

Grandma's Apron Tea Party and Book Reading with Lucia Schroeder. Prairie Rose Dining Room.

Thursday, May 19, 4:45 pm

Spring Fling Monthly Birthday Party. Drinks and skit at 4:45 pm, followed by music and dancing to the Rockin' 60s at 6:45 pm. Auditorium.

Monday, May 23, 2:30 pm

Gather your antiques and bring them to this informational presentation by Clara Tellinghuisen. Clara will offer informal appraisals. Auditorium.

Thursday, May 26, 5 pm

Out and About at the Cork and Cleaver Restaurant.

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

Crafty neighbors



From left: Leona Johnson, Mae Bower, Elizabeth Juster, Shirley Pearson (Mae's daughter), and Phyllis Dowdell get creative with flowers at a recent flower-arranging class. Elizabeth led the interactive class. She is a Family and Consumer Sciences Education student at North Dakota State University.



Nancy Nelson models her completed work of art. The bedazzled visors will come in handy this summer during outdoor walks.



Virginia Palm works on her arrangement incorporating tips she learned in class.



Mary Magill displays her completed bouquet.



Becky Thompson makes a beaded necklace for her name tag. Waterford encourages residents to wear their name tags by offering opportunities to make these creative necklaces.

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.

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, Mary Tvedt. ■

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

You said it!

“It’s true when they say that time flies when you are having fun, because I started at Waterford in mid-January and can’t believe how fast the first few months have gone! I enjoy coming to work, not only because interacting with the residents is so gratifying, but because the staff have such impressive attitudes. It’s rare to be part of a company where the overall atmosphere is so positive and welcoming. It just shows that Waterford is unique, and I’m fortunate to be working here!”

Anne-Marie Fitz

—Life Enrichment/Wellness Assistant

Club news

The ever-changing weather and threat of floods can be stressful physically, especially if you are dealing with arthritis and/or fibromyalgia. Here are ways you can relieve some of this stress.

- Look at your daily schedule, and add relaxation to your day. Escape your stress with a “mini siesta” by getting some fresh air, taking a walk, or closing your eyes and meditating about things that make you happy or grateful.
- Participate in regular exercise. Exercise will boost your natural mood-enhancing endorphins. You will have more energy, feel better, and have a healthier outlook on life.
- Get a massage. Regular massage therapy can relieve muscle pain and stiffness as well as increase the health of your skin and

circulation.

- Recognize your stressors. Know what causes most of your anxiety and tension, so you can avoid future stress.

Stress is very individualized. By recognizing what causes your stress, how it affects you physically, mentally, and emotionally, and what you can do to relieve your stress, you will experience better wellness overall. Be sure to ask for help if you are feeling overwhelmed with stress or anxiety.

Private swimming lessons

Have you always wanted to learn how to swim or how to swim more efficiently? Private swimming lessons are available at the Waterford Health & Fitness Club for \$20/half-hour lesson.

Synchronized swimming

Learn basic skills (sculling/kicking) and positions used in

synchronized-swimming routines. This class is designed for people with advanced swimming abilities and comfort in the deep end of the pool. An introductory class will be held Friday, May 13 at 8 am. For more information, contact Mark Minette, Waterford Health & Fitness Club director, at 701-526-1055.

Spa Day coming soon

Watch the newsletter for more information.

Schedule update

- ~The new class schedule starts Monday, May 9.
- ~The club will be closed Monday, May 30 in observance of Memorial Day.
- ~The club swimming pool will be closed Friday, May 27 through Monday, May 30 for maintenance and cleaning. ■