

Building creativity



Gilbert Buehner works on a project at his workbench in Waterford's upper garage. Gilbert took up woodworking in 1985 after he suffered a spinal injury and stopped farming. He started out making shelves and helping his neighbor remodel her beauty salon. He has since focused on smaller projects. His creativity shines through his work—over the course of two months he built a log chapel by referring to a photo of one that was built by homesteaders in Alaska.

Three cheers for the volunteers!

Over the last few months, Waterford has been highlighting volunteers. April is Volunteer Appreciation Month, and Waterford would like to recognize the following resident volunteers:

- **Ellen Lang** co-leads the weekly Bible study group and conducts the monthly Episcopal service.
- **Frances Wagner, Jean Lowary, and Illa Rott** are always ready to lend a hand.
- **Helen Jorgensen** assists with pottery and beading.
- **Ida Wilson** assists at the Front Desk with monthly mailings.
- **Illa Rott** lends a creative hand when needed.
- **Jim Fenner** co-leads the weekly Bible study group.
- **Jody Swenson** leads Readings with Jody every Monday afternoon.
- **Knit Wits Knitting Club members** knit hats, mittens, and scarves for children overseas.
- **Patty Berger** leads the Knit Wits Knitting Club.

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- **Waterford at All Saints Resident Committee members** – Beverly Greenfield, Gail Kristensen, Norma DeGroot, Charlene Smith, Frances Wagner, Betty Nelson, Alice Doscher, Ruth Fenner, and Elizabeth Balcer.
- **Wynona Brown** spends one morning a week reading poetry and inspirational messages to residents in the Memory Care neighborhood.



Jody Swenson volunteers her time every Monday afternoon with her “Readings with Jody” sessions.



Ellen Lang (top photo, center) and Jim Fenner (bottom photo, center) lead a recent Bible study.



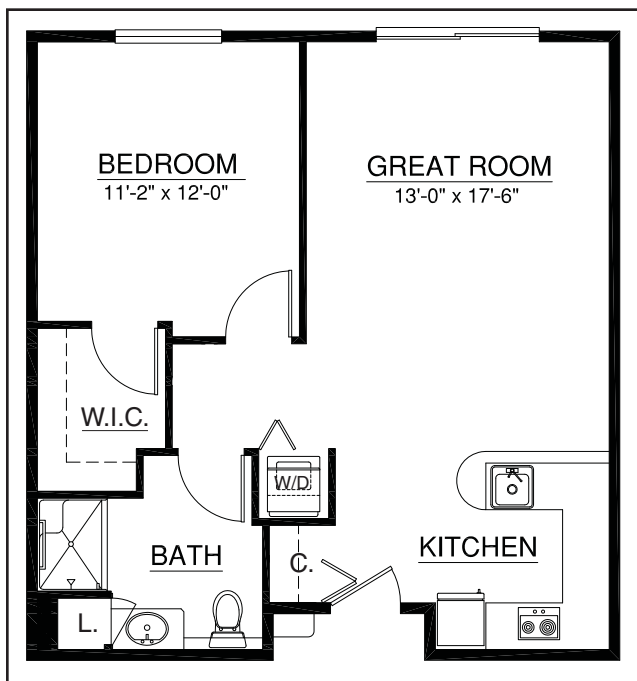
Frances Wegner (left to right), Jean Lowary, and Illa Rott are some of Waterford’s many resident volunteers.

Join us online!

Become a fan on our Facebook page; visit Touchmark’s YouTube channel; or write a review on Google maps.



Look what's springing up at Waterford!



Home 112 is a 672-square-foot home offering one bedroom, one bathroom, and a sliding glass door leading to the inner courtyard. Call or stop by today for a personal presentation.

Waterford at All Saints to become Touchmark at All Saints later this year

Waterford at All Saints—a Touchmark community—has announced that it will change its name later this year to Touchmark at All Saints. Because Waterford already is part of the Touchmark family, everything but the name will remain exactly the same. The ownership and management remain unchanged. The name change will be phased in throughout the year.

Life balance and legacy



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

The function of *aging* does not guarantee *a life well-lived* or *a life in balance*. What, then, does it mean to create a life in balance? If you search for this phrase on the Internet, you'll find all kinds of comments, poems, and homilies. If you sit down and talk with people—especially older adults—a very different perspective comes to light. It becomes apparent that *legacy* is a critical component of a life in balance. This is true over people's lifespan and especially as they get older.

“Legacy is a combination of life experience, wisdom, community service, and commitment that sets our life apart from the harried flow of day-to-day duties.”

Legacy is not just about the material goods we have to share with those we love and care about

or the causes we hold dear, although those are important components. Legacy is a combination of life experience, wisdom, community service, and commitment that sets our life apart from the harried flow of day-to-day duties. According to many older adults I interview, this results in a sense of well-being and accomplishment that makes each day a day worth “spending” for the value it brings.

Contributions that may be the most effective are not necessarily measured in dollars. Consider these gifts: sharing a vision and making it real; influencing children or young adults and creating awareness and compassion for themselves and others; developing a thoughtful plan for conservation and environmental stewardship. All of these bequeath a legacy that goes beyond “the stuff” we leave behind. Thoughtful plans, timelines, and guideposts can mark the way to inspire future leaders and resolve difficult problems. *(cont.)*

(cont.) Touchmark communities are committed to supporting residents' legacies through lifelong learning, civic engagement, intergenerational programs and services, and life-story work. Our Legacy Project is multidimensional and always growing. To be a part of the Full Life Wellness & Life Enrichment Program™ at Touchmark, contact a Full Life team member to share ideas, goals, and inspiration. ■

Recent events



From left: Shirley Ellingson, Kari Elrod, Anita Cox, and Delores Flynn make fashionable bracelets. Kari owns Kari's Creations in Canton, South Dakota.



Mary Ahlschlager and Bonnie Ellenbrand make pizza for a recent party.



Illa Rott displays several of her artistic creations, including table runners, scarves, baby bibs, and jewelry. Illa enjoys experimenting with new projects, and while she spent much of her life working with numbers, she loves crafting as a creative outlet.



Rosemary Peritz and Justin Berger work their minds at a recent Brain Builders.

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From left: Delores Flynn, Florence Knappe, and team member Karla Pederson-Capell make clay beads for necklaces.



Shirley Ellingson makes homemade, lavender-scented soap.

Coming Events

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

Thursday, April 14, 11:30 am

Book Talk with Candace Cameron. Candace will review *The Help* by Kathryn Stockett. Please RSVP.

Saturday, April 23, 10 am

Waterford's Annual Easter Egg Hunt. Front Lawn.

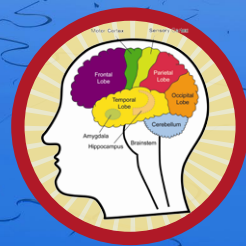
Saturday, April 23, 10:30 am

Easter Chapel Service.

Friday, April 29, 2:30 pm

Volunteer Tea, celebrating all the people who volunteer their time at Waterford at All Saints. All are welcome.

Brain Builders



Rearrange the letters to find the states' names:

Example: Ah! Look ma. = Oklahoma

i own gym _____

men share whip _____

loan torn chair _____

horned dials _____

coins wins _____

show inn tag _____

Answers: Wyoming, New Hampshire, North Carolina, Rhode Island, Wisconsin, Washington