

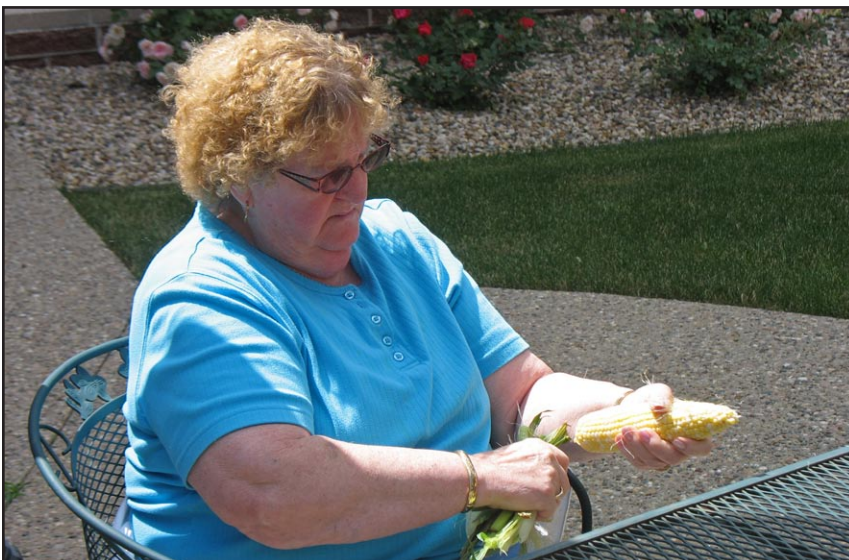


A Touchmark® community  
Est. 1980

# Summer brings tasty harvest

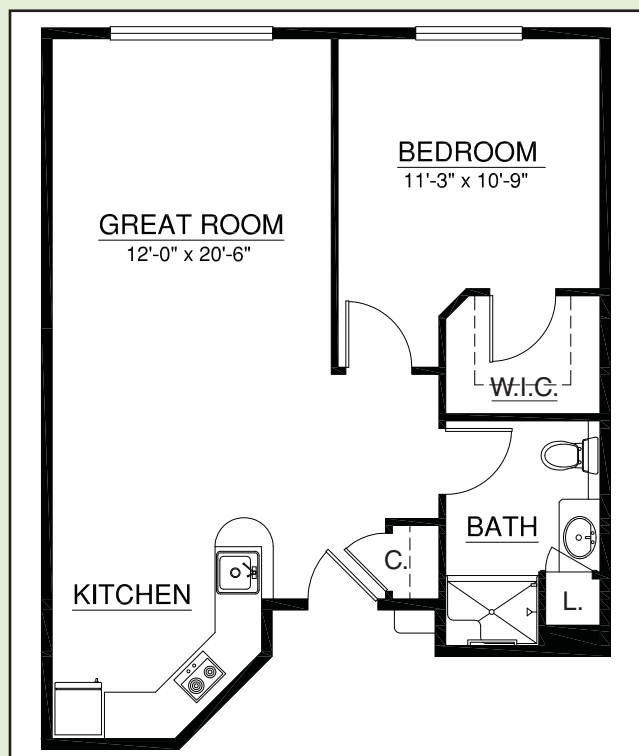


From left: Woody Moore from the Transportation department shucks corn with Marvin Olinger and Life Enrichment/Wellness Intern Miranda Bakley. Residents and team members are enjoying local produce every other Tuesday afternoon, as a local family brings its Farmer's Market to Waterford.



Taking advantage of the local produce, residents and team members gathered for conversation while they prepared corn for a recent birthday night. Resident Liz Downey is pictured.

## This is it!



Now is the time; Waterford is the place! This 665-square-foot home offers one bedroom and one bathroom. But Waterford offers so much more than just a comfortable, well-appointed home. You'll be surrounded by a community of friends and fun, life-enriching pursuits.

## 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. Waterford is celebrating with a Fall Style Show and Luncheon with Go Casual on Monday, Sept. 26 at 11 am. Watch future newsletters for more details.



## Connect with family via the Internet

Want to talk with and see family via the Internet? Talk with Life Enrichment/Wellness Director Krista Musser to learn more. ■

## Save the date

Join the Waterford at All Saints team for the 2011 Alzheimer's Walk on Saturday, September 17 at 9 am. For more information, contact Memory Care Manager Wendy Schrag, RN, Waterford's team captain. ■

## Coming events

**Sunday, Aug. 7, 11:30 am to 2 pm**  
Annual Resident, Team Member, and Family Picnic. RSVP by Aug. 2.

**Tuesday, Aug. 9, 5:30 pm**  
Fourth annual Flight of Hope Butterfly Release. Sertoma Park.

**Thursday, Aug. 11, 1:30 to 2:30 pm**  
Ice Cream Social. Stop by for some delicious ice cream from Cold Stone Creamery, provided by First National Bank.

**Monday, Aug. 15, 8:30 am to 4:30 pm**  
Stroke prevention screenings. Wellness Center. Sign up at the front desk.

**Saturday, Aug. 27, 10 am**  
Depart for Jesse James pontoon ride and picnic lunch. Join friends and neighbors for this 45-minute guided tour down the Sioux River.

## Creativity and community intertwined at Touchmark



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

*“Creativity is our greatest legacy.”*

*— Gene Cohen, MD, PhD*

Is there a limit to the amount of creativity anyone has in their DNA? Opportunity, environment, support, and feedback are certainly vital in nurturing the creative aspect of anyone, and the potential seems limitless across the lifespan for expressing oneself. Individually and collectively, the creativity of people who reside in Touchmark communities results in the Touchmark Full Life Wellness & Life Enrichment Program™, in place at all Touchmark communities.

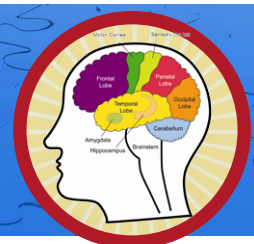
This award-winning program supports all areas of whole-person wellness through specific programming areas based on resident’s interests, talents, skills, and creativity. The wellness dimensions that comprise each person—physical, social, emotional, vocational, intellectual, and spiritual—interact with the environmental dimension through activities and offerings provided at each community.

The opportunities are not limited to the categories defined in the program description. They are enhanced by Touchmark team members and the dynamic and creative residents who contribute and participate in the day-to-day activities and events. The role of Touchmark team members is to support and facilitate a variety of offerings and encourage involvement from each resident. Residents engage in the programs of their choice and are provided opportunities to explore new interests and experiences.

This collective pool of creativity creates a unique fabric and culture in each community. Quilters, authors, gardeners, artists, athletes, book lovers, singers, and more creative groups than can be listed in this column meet together and encourage and support each other in pursuing interests both old and new.

To participate in planning and activities that support creativity and programming, contact a member of the Full Life™ team. Ideas, talents, skills—and creativity—are welcome! ■

## Brain Builders



In honor of the NFL reaching an agreement, unscramble these football words. *Example: OGLA is goal*

1. AURBQTEKCAR \_\_\_\_\_
2. LAKHAFBC \_\_\_\_\_
3. BOFLTOLA \_\_\_\_\_
4. CEIREREV \_\_\_\_\_
5. UHDOCNTOW \_\_\_\_\_
6. NUTP \_\_\_\_\_
7. CKKI \_\_\_\_\_
8. MATE \_\_\_\_\_
9. AGEM \_\_\_\_\_
10. ASRDY \_\_\_\_\_

*Answers: quarterback, halfback, football, receiver, touchdown, punt, kick, team, game, yards*

## Recently spotted at Waterford



Volunteer Patti Auch recently planted and re-landscaped an area near the community's front entrance.



Braxton and Teegan Musser help distribute ice cream to residents during the recent Municipal Band Concert.



Genevieve Fish proudly displays the works of her late son, Anthony "Tony" Fish. Tony carved these pieces out of scrap tree trunks and limbs. After retiring from the parks department, Tony pursued this artistic hobby. Most of his pieces resemble Native Americans and older men. Tony made over 100 carvings, giving away most of them as gifts.

*Just for laughs!*

National Mustard Day ~ August 6  
National Relaxation Day ~ August 15  
National Dog Day ~ August 26  
National Trail Mix Day ~ August 31