



A Touchmark® community



A land of opportunity—come celebrate with us



Message from
Angie Rabon
—Executive Director

I love the month of July. We are in the midst of summer and Fourth of July celebrations. At our recent wine social, residents were proudly singing “My Country ‘Tis of Thee,” and I couldn’t help but think of all of the things they have done to shape this country. So much has happened since July 4, 1776, when we claimed our independence from Great Britain and became the United States of America.

We have experienced great industrial and technological growth, weathered the Great Depression, defended our freedom, and become known as “the land of opportunity.” Every day, thousands leave their homeland to come to America, each dreaming of the new life they will find. The Fourth of July is a perfect time to take stock in all that we have, and possibly take for granted, here in the United States.

Each July Fourth our nation celebrates the independence that we won in 1776. Families and friends gather, and memories are made. At Waterford, we are no different. It is our pleasure to celebrate the holiday with residents, families, and staff. Please come and join our family celebration.

Patriotism: yesterday, today, and tomorrow

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

There are so many things that may have been forgotten over the years. One of those is the flag ceremony—the very specific way to raise, lower, and fold the American flag. This is a ceremony steeped in tradition and filled with reverence, memories, and honor. Over the Memorial Day weekend a reminder of how to do this very important observance was shared with a group of young people by a respected group of veterans in a Touchmark community.

“The wisdom of the elders has built a life worth living for us all.”

—William Thomas, MD

Can there ever be a better way to teach the next generations than by personal role models? As the wrinkled hands reverentially folded the flag for the audience, the young scouts were provided an

opportunity to learn and to participate in an important tradition. Beyond the relevance of that ceremony is the opportunity to bring the generations together to learn and experience shared respect and commitment. There is no better way to learn than from the mentoring of elders.

As Independence Day 2006 is observed across the United States, families and friends will gather and celebrate the holiday, watch the parades, enjoy the barbecues, and listen to the national anthem. As a country at war, we will pause to honor the lives and commitment of all the service men and women who are stationed in troubled lands—their sacrifices and duty the clarion call of the day—and we

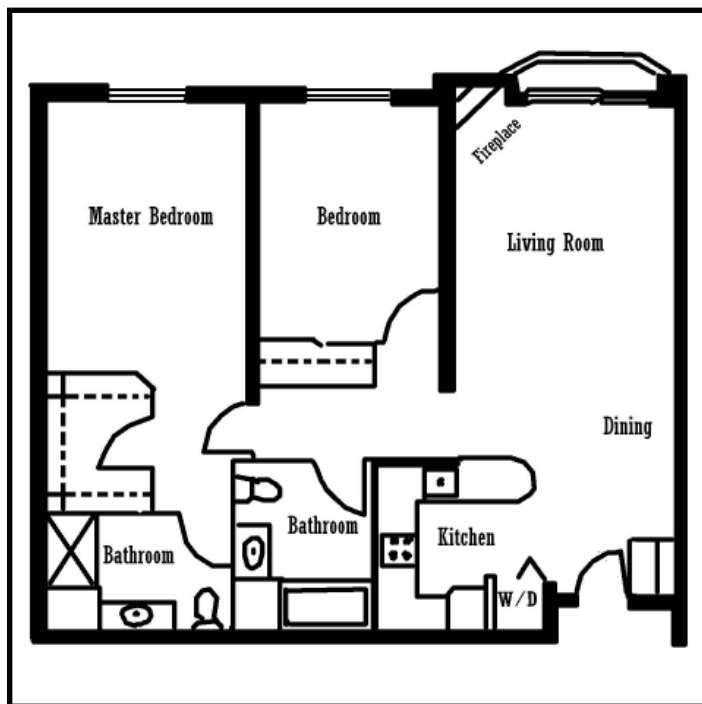
will also remember all of the patriots who have served in days gone by.

To participate in the Waterford celebrations and observances, contact Life Enrichment Director Krista Musser—and support and honor the birthday of our country.

Imagine yourself living here

Enjoy beautiful summer weather on your very own patio that accesses Waterford's unique rooftop garden pavilion. This two-bedroom, two-bathroom home features a fireplace, large master bedroom, and a walk-in closet. You will also enjoy the convenience of your own washer and dryer and full kitchen.

Take advantage of weekly housekeeping, fine dining, extra storage space, a fitness center, access to many social events, and other amenities. To take a tour of this home or others, contact Millie Gullickson, Jennifer Schultz, or Kelly Woldt at 800-713-1117 or 605-335-1117.



Call today for more information about this attractive home.

Let Your Spirit Soar

Writers, photographers, and poets live and create in Touchmark communities, and Touchmark is featuring some of this talent and creativity in each newsletter. The Let Your Spirit Soar theme for July is "Patriotism and Community Service."

I pledge allegiance ...

by Staff Sergeant Henry Stein
—Resident

"I pledge allegiance to the flag of the United States of America and to the Republic for which it stands, one Nation under God, indivisible, with liberty and justice for all."

As our flag is presented, we face the flag and recite The Pledge of Allegiance. We show our devotion to God and country.

When I was teaching in a rural school in northern South Dakota, this was an exercise in patriotism. In sunny weather, we would stand in a circle, remove our caps or hats, salute the flag, and recite the pledge in unison.

It was a distinct honor to lower the flag, fold it into a triangle, and store it indoors. Several of the boys there were killed in action and buried in South Dakota in the Black Hills National Cemetery east of Sturgis, South Dakota.

I was assigned to the B23 Tank Destroyer Battalion overseas during the war. We held our memorial service in a German church and honored the soldiers who were killed in action. Our cemeteries are well kept to honor those soldiers.

It was a special honor to be a part of a fighting unit during the entire war.

For August, please submit a recipe with a story. Deadline for this issue is July 6. For a list of the guidelines, monthly themes, and deadlines, please contact Life Enrichment Director Krista Musser.

Upcoming events

Tuesday, July 11, 10 am—*Successful Aging ... Get Active*, presented by Life Enrichment Director Krista Musser, CTRS, at Center for Active Generations on 2300 West 46th Street. Please RSVP.

Tuesday, July 18, 7:30 pm—Sioux Falls Municipal Band.

Call Krista Musser at 605-335-1117 for more information or to register.

Meet Waterford resident Helen Larsen

by Jennifer Schultz
—Sales and Marketing



Helen Larsen

Helen Larsen's move to Waterford was an exercise in her own independence and a chance to take advantage of services and comforts that couldn't be matched at any other place. She joined the Waterford community eight years ago.

"I looked all over Sioux Falls, but I chose Waterford because it was so cozy and homelike. I compared costs, and they were pretty much the same," Helen says. Helen's reason for planning a move was to preserve her independence.

"I didn't want my family to have to worry about me or be responsible to move me down the road," Helen says.

Helen and her husband, the late Reverend J. David Larsen, raised a family of four in eastern South Dakota. Helen was an English and music teacher before she met J. David. Her husband attended seminary in St. Paul, Minnesota, while Helen raised their two boys. Helen and J. David returned to South Dakota shortly before World War II. In April 1942, J. David left to be a chaplain in the military for four years. Helen went to her hometown of Watertown, South Dakota, and began teaching again and raising their family.

When J. David returned, Helen enjoyed the duties of a pastor's wife. Her husband used to say, "They get two for

the price of one." She was involved in secretarial work at the church, coffee hour, and was a seventh-grade confirmation teacher. When her sons were leaving the house for college, Helen and J. David added two more daughters to their family.

Helen is the resident librarian at Waterford. She enjoys working with a group of residents who maintain the library. "I think the library at Waterford is absolutely outstanding."

Helen has seen many changes take place while at Waterford. She had front row seats while Waterford built the unique garden pavilion that graces the rooftop on the west side of the property. Helen says she is amazed at how much Waterford has grown during her eight years here. She says she loves her home and is happy with her choice to move here.

"I am very secure here. It is wonderful ... you can't get that anywhere else."

Wise words

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"Give me a firm point on which to stand on and I will move the earth."

—Archimedes
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Waterford resident to be parade marshal



Dorothy Golden, Waterford and longtime Sioux Falls resident, will celebrate her birthday July 4. As part of her birthday celebration, Dorothy has been given the honor of parade marshal for the Sioux Falls annual Fourth of July parade.

