



A Touchmark® community



Find your hobby at Waterford



Message from
Angie Rabon
—Executive Director

The month of August is upon us! Did you know that the month of August contains no United States holiday? What will we do all month? At Waterford that's not a problem! Our Life Enrichment/Wellness program is filled with many events to take part in.

What is it that you would like to do? Are you looking for a fitness class to attend? At Waterford, we offer daily classes, which are set to meet your fitness level. What about trying out a yoga class? Yes, we have it! Maybe you would like to join our Walking Club. We are "on the move" at Waterford.

What if your interests lay in a more creative arena? Waterford has many outlets to allow your creativity to blossom. Would you like to join the knitting club in their blanket project? Or is quilting more your style? Do you like to paint, and would you like to share your skills with others? Come and take part in your hobby, whatever it may be, with others who enjoy the same things you do.

How about going to the movies, eating out, or enjoying a glass of wine with your friends? Your options are many, because our Life Enrichment/Wellness calendar is tailored to residents and their interests. Is there something missing?

Let us know—we are always looking for new items to add. Do not wait. Come and enrich your life at Waterford.



Have fun: It matters

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

Depending on one's definition of "delightful," leisure activities provide a chance to connect with people, look inward, enhance skills, get fit, and renew or strengthen relationships. The scientific literature reports numerous random studies that correlate things like nature, water, pets, poetry, music, hobbies, and the company of other people as enjoyable for a large number of people. The research also shows a correlation between pleasure and wellness.

"The crucial element is that you do something that is inherently delightful to you."

—Dulce Zamora, writer and health researcher

Professor Blair Justice, PhD, at Texas School of Public Health has written extensively about the correlation of stress and illness—*dis-ease*. His latest book, *Who Gets Sick: How Beliefs, Moods and Thoughts*

Affect Your Health, focuses on the immune system and the potential for individuals with cancer and heart disease to stave off disease progression and its debilitating effects. He contends that the process and progress of disease can be mediated by the pursuit of and involvement in activities that generate pleasure, fun, and positive interactions.

While this is not new thinking in the world of psychoneuroimmunology (the body's ability to heal itself), most of us put play and pleasure at the lowest level of priority in our harried lives. Yet, in order for something to be enjoyable, it can't be done in a state of fatigue. For someone dealing with a chronic disease, the scheduling of moments of meaningful pleasure is even more of a challenge. Gina Dingwell, RN, coordinator of the Mind-Body Program at the Institute for Complementary and Alternative Medicine in Vancouver, BC, states, "It's about checking in." She suggests the following questions might help determine if an activity is the right thing to do in the moment: Is this going to energize me? Is this going to put me in a place where I feel better? Or am I just doing this because it is a "duty."

At Waterford, the Life Enrichment/Wellness program and the general milieu of the community are focused on bringing people together for moments—and more—of pleasure and fun. If you have ideas for events, activities, spaces, or groups that will add to the possibilities for fun and pleasure, share them with Life Enrichment/Wellness Director Krista Musser.

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Awash in the artwork and adventure

by **P.J. Brenden**

—Winner of Touchmark's 25th anniversary cruise

Since I was 17, I have dreamed of touring Europe. To take in the Mona Lisa, to view the brilliant colors of Greece, and to watch people scurry around a European market were things I hoped to do. And earlier this summer, my husband and I packed our bags for a 15-night cruise board the HMS Rotterdam, thanks to Touchmark.

The trip was truly an amazing, fast-paced adventure. We soaked in the ruins in Greece and Turkey (despite the heat), climbed down the stairs of Temple de la Sagrada Familia bell tower in Spain, ate heavenly food at the Dessert Extravaganza on the ship, and laughed constantly about the odd public restrooms throughout Europe.

My favorite adventures were visiting Claude Monet's garden in Giverny (west of Paris) and viewing the Mona Lisa. I love art, and to see the handiwork of such masters was awe-inspiring. I cried in front of the Mona Lisa ... and, well, about every other artwork treasure.



P.J. Brenden, Spokane-area resident and Touchmark's 25th Anniversary Life Enrichment cruise winner, soaks in the beauty of *The Fortress City* (Valletta) in Malta.

The day I visited the Mona Lisa, I arrived at the Louvre early and made my way to the display. Other than the guards and a few tourists, there weren't many other people around, and I was able to see her well (ignoring the fact that she was encased in protective glass). People stood there in silence, just absorbing the painting. Finally, an Australian tourist leaned over and asked me, "How long should I stand here?" We both had to laugh. You only dream of seeing the Mona Lisa, and when you finally do, you're not sure how long you should stand there in reverence of the masterpiece.

I also enjoyed the quality of the artwork on the ship. They had some Dalis, Rembrandt etchings, and other famous pieces. I even attended several art auctions and purchased two pieces—one for my Italian-inspired wine room.

The ship itself was opulent, the food was great, and the people on the ship were fascinating. My husband and I met some people who had been on 14 or 15 cruises! We just enjoyed the whole experience. Thanks, Touchmark!

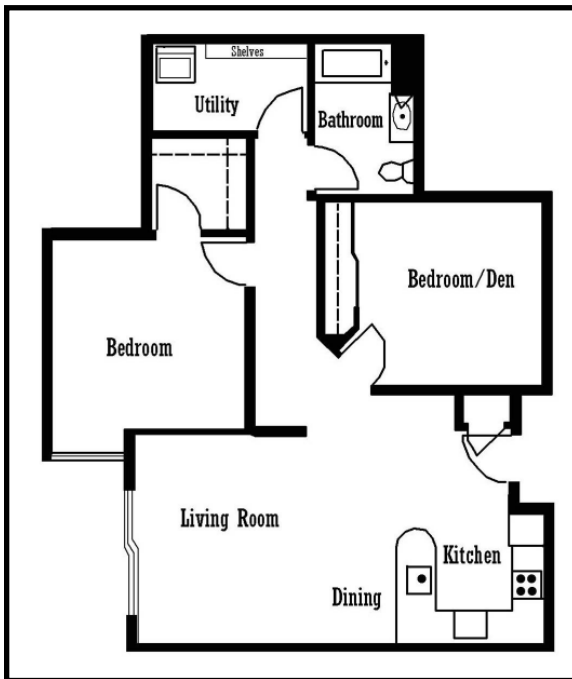
Editor's note: Spokane-area resident and Touchmark's 25th Anniversary Life Enrichment cruise winner P.J. Brenden and her husband traveled throughout Europe on Holland American's HMS Rotterdam. P.J., who is an avid quilter, visited Waterford on South Hill in Spokane, Washington, during its popular quilt show last year and signed up for Touchmark's 25th Anniversary Life Enrichment cruise drawing.

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To take a tour of this home or others. Contact Jennifer Schultz or Kelly Woldt at 800-713-1117 or 605-335-1117.



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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 August is a recipe with a story.

Maizie's Hot Chicken Salad

by Maizie Solem
—Resident

My mother was a wonderful cook. I tried to have her

teach me, but she didn't use recipes. So I taught myself by trying new recipes. My husband, Herm, and I belonged to a dinner club. The hostess was responsible for the entree and the other guests brought the side dishes. Well, it was mine and Herm's turn to host. So we had our club in the Imperial North Dining Room at Waterford. I served my Hot Chicken Salad.

A couple of days later, Randy, Food Services manager, came to my home and asked me if he could have the recipe. A couple of weeks later, I saw "Maizie's Hot Chicken Salad" on the Waterford menu. It still continues to be a favorite at Waterford.

Ingredients:

- 4 cups diced cooked chicken
- 4 eggs, hard-boiled and diced
- 2 cups chopped celery
- 2 t grated onion
- 2 chopped pimentos
- 2/3 cup slivered almonds
- 1 eight-ounce package of water chestnuts
- 1 1/2 cups mayonnaise
- 2 T lemon juice
- 3/4 cup grated cheddar cheese
- 1 small bag potato chips, crushed

Instructions:

Preheat oven to 400 degrees. Grease a two-quart baking dish. Mix first nine ingredients and place in bottom of baking dish. Top with cheese and crushed chips. Bake 20 to 30 minutes or until bubbly. Makes 8 to 10 servings.

An excerpt *Jack's Book*

Jack Danz, father of nine, husband for 56 years to the late Pat Danz, and former owner of Lakeside Dairy in Sioux Falls is enjoying his retirement years at Waterford. Jack's Book is a working manuscript about his life and travels. Below is a story he shares with us from that book.

by Jack Danz
—Resident

When I was 7 years old, my dad lost his farm. My mother was sick, and we moved to Ashland, Wisconsin. I was in the second grade, and it was February. The weather was

really nice with no snow on the ground. I came home from school on February 20, my birthday, and my mom was in bed ill. There was a lady who was at our house taking care of mother, and mother gave me a pair of roller skates for my birthday. That was the last day I saw my mother. She went to the hospital that day and passed away shortly after.

My dad came home from the hospital after mom died and told us he was going to take care of us four kids. He promised mom that we would be taken care of us and that he would be the one to care for us.

At that time it was 1930 and the time of the Depression. Dad worked in a dairy creamery and only made \$60 to \$70 a month. Dad worked from 6 am to 6 pm and then came home and cared for us. He was a man with a very pleasant disposition and was well-liked by everyone who met him. He was more than that to us four children. He was a father, friend, advisor, and our guiding example of Christian love. He was not afraid to hug you and say, "I love you," as he did many times, mostly after he had censored one of us from doing something out of line.

When the summer of 1930 began, I went to my Grandma and Grandpa Whithington's in Mercer, Wisconsin. Grandpa was a farmer in a resort country. He lived near a lake but farmed and had milk cows. He also loved to garden. They gave me certain jobs to take care of around the farm, and my adventures of the summer began.

One of my jobs was to help look after the cows. They didn't have a pasture for them, so grandpa would open the gate and let them wander in the woods. Then I had to help look after them, and around 3 or 4 o'clock we would find them and bring them home.

One time we couldn't find them, and it took Grandpa and I until 9 o'clock at night in the dark to find them. They were two miles from home. After we drove the cows home, we had to milk them. I remember that night grandma cooking me a late supper and tucking me into bed.

Two of my aunts, Pudge and Franny, were at home. They had recently graduated from high school and were making plans to attend college that fall. They lived in a cottage near grandma and grandpa's cabin.

I liked to play games with the dog while I was there. I would run from the barn to the house with the dog. We'd play a game zigzagging under the fence. One day, I tore my ear on the barbwire during our game! I had to go to the doctor in Mercer, and he sewed my ear back together. The only

problem was that he had sewn it on backwards! I had to get it reattached when I went back to Ashland that fall!

The end of the summer was drawing to a close, and I had to get a ride home to Ashland. My Aunt Pudge was planning to attend college in Ashland, so she and her friend gave me a ride home in a Studebaker convertible!

Third grade began, and our family continued to work hard. Aunt Pudge would come over on Saturdays and help us clean and take care of the housework. People thought my dad should separate us kids, but he wouldn't have it. He was going to raise us kids, and we were going to be together.

That year dad gave us the best Christmas present we ever had. We were scrubbing the floor and getting ready for Christmas Eve, and a radio was delivered to our house! I'm sure it was a chore for dad to get us that radio, but he did it. My father taught me the love of family—that it meant sharing, giving, sacrifice, and sometimes hardship. Many was the time he gave one of us money for our needs and put another piece of cardboard in his shoes.

We went to baseball games in Ashland, too. I loved baseball, and my family was in the dairy business, so I started my first business. I sold ice cream bars for 5 cents. I would sell them at parades and baseball games. I remember making \$40 on the Fourth of July! I was nicknamed the ice-cream kid. That was the start of me being in the dairy business for the rest of my life.

Upcoming event

Tuesday, August 8, 6:30 pm—*Durable Power of Attorney for Financial Affairs and the Duties and Responsibilities in acting under a Power of Attorney*, presented by Richard J. Corcoran, Senior Vice President & Trust Officer of The First National Bank in Sioux Falls. To be held in the North Dining Room at Waterford.

Saturday, August 19, 9:30 am—Into the pit trolley tour.

Wednesday, August 23, 2:30 pm—An Avera McKennan representative will share about sleep disorders and ways to get a better night's sleep.

