



A Touchmark® community



A special day to honor grandparents



Message from
Angie Rabon
—Executive Director

In 1978, under the direction of Marian McQuade, President Jimmy Carter proclaimed the first Sunday after Labor Day as National Grandparents Day. Marian was a housewife who lived in Fayette County, West Virginia. What a difference her vision has made in the lives of several people!

The purpose of Grandparent’s Day is threefold:

- To honor grandparents.
- To give grandparents an opportunity to share their love with their grandchildren.
- To help grandchildren become aware of the strength, information, guidance, and heritage that grandparents can share.

What a wonderful opportunity we are provided to enhance intergenerational interaction! Please take the time on September 10 to remember all grandparents, no matter if they are a relative or an “adopted grandparent.”

Recently I came across a poem by an unknown author that

I felt summed up the relationship between grandparents and grandchildren. It goes like this:

“Grandparents and grandchildren,
Together they create a chain of love
Linking the past,
With the future,
The chain may lengthen,
But it will never part.”

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Longevity and learning

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

In spite of the track record of the illustrious elder thinkers throughout world history, the myth of the media in our current culture is that old age is synonymous with intellectual and emotional decline. In addition to Hollywood’s and Madison Avenue’s stereotypical image of sagging muscles, lowered energy, and impaired senses, there is a persistent belief that old age is associated with cognitive decline and brain cell death. However, experts around the world continue to gather hard data and compelling evidence about the abilities and gains associated with the aging process. Dr. Carstensen notes, “Most of what we hear about in the media and scientific literature is about the areas of cognition that decline. You hear very little about areas that improve.”

A number of experts are redefining aging by focusing on lifespan development not decline. Brain research shows that although some areas do diminish, others—notably general knowledge, vocabulary, and emotional-psycho-

logical regulation—improve over the years. If the goal is to teach the alphabet, numerals, and sight and sound recognition, the preferred age is two years. “But if you want someone to solve a complex cultural or political problem, that calls for people who are 70, 80, 90, or beyond,” Dr. Carstensen explains. Neural investigators confirm that

“Brain research has dispelled the presumption that humans undergo a steady decline.”

—*Laura Carstensen, PhD, director of the Stanford University Center on Longevity Life-Span Development Laboratory*

older brains operate differently, activate bilaterally, and solve complex problems that younger brains are unable to decipher. In addition to the scientific community, advocates and providers have confirmed that the desire and ability to participate in lifelong learning is consistent in both genders and all income levels of today’s over-55 population. [MetLife study, 2005]

At Waterford, we focus on how people want to live, what defines engagement and well-being for each person, and how the staff and residents can support those personal choices. Opportunities for new learning and shared experience provide the substance for the Life Enrichment/Wellness offerings provided both inside and outside the community. To join in planning, preparing, and participating in lifelong learning events and activities, contact Life Enrichment/Wellness Director Krista Musser.

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A home for your lifestyle

Willie Wikner’s lifestyle has always been an active one. For the last 35 years, she has walked five to six miles a day. Willie can often be seen walking the campus of Waterford, the halls of the community, or the parking garage.

“I decided when I retired that I wasn’t going to sit and watch the TV,” Willie says.

Her active lifestyle keeps her busy. However, when it’s time to relax, she enjoys the coziness and warmth of her studio apartment at Waterford.

At first, Willie was hesitant to move from a one-bedroom apartment to a studio.

“I thought, no woman can get by without a bedroom, but I get along just great without one and enjoy my daybed decorated with a beautiful quilt,” Willie says.

Willie and her late husband Bob first moved to Waterford into a one-bedroom apartment with two bathrooms. Willie had her eye on the lovely studio with patio doors to the garden pavilion and decided to move into it two years ago.

“I like it very much. I don’t feel a bit cooped up. I have found that I’m not as lonesome living alone, because my place is smaller and more cozy,” Willie says.



Willie Wikner enjoys living in her Waterford studio.

Willie uses every inch of her 450-square-foot studio. She has a dining room table, daybed, two recliners, TV set, and several other pieces of furniture and artwork in her home. She enjoys the small kitchen space for simple cooking but uses Waterford’s dining rooms for most of her meals. When Willie has company, they enjoy time on the pavilion just outside her home or next door in the library.

“I had to get rid of a lot of things when I moved to my apartment, but I look around and think there’s nothing else that I need. I really enjoy living at Waterford.”

Ask us about our specials on studios during the month of September. Call Jennifer Schultz or Kelly Woldt at 605-335-1117 or 800-713-1117.

What others are saying

“I love Waterford, because I like the people who are here, and it is a place where you can always feel at home.”

Virginia DeJean

—Resident

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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 September is “my favorite book.”

Dakota is a must-read book

by **Helen Larsen**

—Resident

Dakota is a spiritual geography written by award-winning author Kathleen Norris. This book was brought to my attention through Waterford’s monthly Book Review by Candace Cameron. Twenty years ago, Kathleen inherited her grandmother’s farm in Lemmon, South Dakota. She and her husband left their home in New York City and went out to Lemmon to check out their new inheritance. They never left! Kathleen tells in the book how she and her husband began to get to know the land, the people, and the extreme temperatures. This became their way of life. They found beauty in the prairie and also a deeper understanding of themselves. Kathleen describes it as “God’s country.” This is a wonderful book that gives all of us who live in the Plains a deeper appreciation of our area and why we love it so!

Dakota and many other popular titles can be found in the Waterford Library, which is staffed by residents Elizabeth Sieps, Vivian Wubben, and Helen Larsen.

For October, please submit a poem highlighting the fall harvest or life wisdom. Deadline for this issue is September 6. For a list of the guidelines, monthly themes, and deadlines, please contact Life Enrichment/Wellness Director Krista Musser.

Share your books—and benefit others

“Books are the carriers of civilization ... They are companions, teachers, magicians, bankers of the treasures of the mind. Books are humanity in print.”

—Barbara W. Tuchman,
historian and author

Support programs for seniors throughout the Sioux Falls area by donating books, CDs, DVDs, and audio books during September. A book sale will be held later this fall, and all proceeds from the sale will benefit Touchmark Foundation programs in this area.

For more information about the book sale, contact Life Enrichment/Wellness Director Krista Musser at 605-335-1117. For information about the Touchmark Foundation, call Janet Plummer, Foundation executive director, at 800-796-8744.

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New payment options available

To meet the varying financial and lifestyle needs of future residents desiring to live in a Touchmark community, the company now offers the choice of two payment plans for certain homes. The first will give you peace of mind by providing a deposit refund that could equal 100 percent of your initial deposit, subject to certain limitations. The second plan will allow you to participate in the potential increase in value of the home and community. The deposit refund under this plan could exceed your initial deposit, assuming a strong economy, favorable market conditions, etc.

For details about these new plans and their availability, please contact a sales associate.

Lifelong learning

by Krista Musser, CTRS

—Life Enrichment/Wellness Director

Most assume when you get to a certain age your desire to learn new things stops. The fact is the desire just becomes greater! This is the time in most people’s lives when they have the time to learn a new hobby, skill, or idea.



Waterford staff and residents recently enjoyed a demonstration of Native American hoop dancing, presented by the Multicultural Center of Sioux Falls.

September also brings many other opportunities for us to learn. Come join us for presentations and book signings by many South Dakota authors throughout the months of September and October. While you are here, view beautiful quilts handcrafted by Waterford’s resident-lead quilting groups that will be on display through September 15 in the Imperial Dining Room. Have you ever experienced dry cracked skin in the winter months? Come find out how to prevent dry skin on September 20 at 2:30 pm. Come; experience lifelong learning!

Residents and staff at Waterford had the opportunity to learn about the Native American tradition of hoop dancing. The Multicultural Center of Sioux Falls’ youth day program, instructed by Dallas Chief Eagle II, taught us the meaning of hoop dancing and performed several routines on Waterford’s outdoor pavilion.

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Do you know who to talk with ...

... if you have a question regarding your bill? Sara Thomas is our controller and can answer any question you might have.

... if you have questions or concerns regarding your loved one’s care or day-to-day activities? Martha Vanderlinde, RN, is our Health Services administrator/ Assisted Living manager and can answer your questions.

... if your loved one lives in our Memory Care neighborhood? Memory Care Manager Wendy Schrag, LPN, can address your questions.

... if you have questions about activities or your loved one’s participation? Krista Musser, CTRS, is our Life Enrichment/Wellness Director and can answer any questions you might have.

... if you have questions about how to set up special dining events at Waterford? Food Service Manager Randy Austin can answer those questions.

... if you have questions about your loved one’s apartment and home maintenance? Facility Manager Bob Buller can provide answers to your questions.

... if you have any questions about available homes, touring Waterford, or getting more information about services offered at Waterford? Jennifer Schultz and Kelly Woldt in Sales and Marketing can address those questions.

... if you aren’t sure who to talk to? Staff at the front desk at Waterford can assist you and direct you to the proper person.

Please call us at 605-335-1117 or 800-713-1117—and let us answer your questions.

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The story behind Waterford’s first quilt show

Time behind a sewing machine is well spent for Waterford resident Illa Rott. Illa has enjoyed sewing since she was 14 years old and continues to thrive on her passion by leading groups of residents in quilting projects.

Illa’s sewing experience hasn’t necessarily been in quilting.



Some of Waterford's quilters show off one of three quilts they made. The quilts are on display through September 15.

She says that her past projects tended to be clothing. It was in a discussion with Waterford's Executive Director Angie Rabon and Life Enrichment/Wellness Director Krista Musser that the topic of quilting came up.

By the end of the conversation, plans began forming for several quilting projects to involve any Waterford resident who was interested in participating. Illa started spending time quilting in the arts and crafts room or in the Memory Care neighborhood every week. Several residents participated and would help with cutting, measuring, and pinning quilt squares. Illa was responsible for all of the sewing of the quilt pieces.

The project brought several people together to reminisce and talk about fond memories. "We would talk about our mothers and grandmothers who spent time quilting when we were young," Illa says.

Illa says the projects were a wonderful way for residents to get to know each other better. She has made good friends and gotten to know other residents better through the quilts that have been made.

"I enjoyed the fact of how interested the residents were and how willing they were to help with the quilts. All we talked about was quilting, and everyone was sad when we were finished," says Illa.

Three quilts were made by residents, and in the process, Illa made three more. She says she tended to work with quilts during the project because that was where her focus

was. Illa can be found most days in the arts and craft room sitting behind her sewing machine or walking around Waterford while taking a break from the project.

According to Illa, "It's a challenge when you start a quilt. The most time-consuming part is fitting all of the pieces together and picking out the color scheme. However, when I'm through, I feel a sense of accomplishment. I love anything that has to do with sewing."

The three quilts created by Waterford residents will be on display through Friday, September 15 in the Imperial Dining Room.

Upcoming events

Friday, September 1 through Friday, September 15—Resident Quilt Display. Imperial Dining Room.

Saturday, September 9, 10 am—Jesse James Pontoon Rides (Call 605-731-5472 to sign up).

Wednesday, September 13, 2:30 pm—Sioux Falls Zoomobile. Residents and guests will have a chance to see and even touch many exotic animals. Sunset Pavilion.

Saturday, September 16—Bus leaves at 9:15 am for Alzheimer's Association Memory Walk.

Monday, September 18, 6:30 pm—*How to Get More from Your Doctor's Appointments*, Rosemary Murphy, RN, Avera McKennan Hospital.

Tuesday, September 19, 2:30 pm—Author and motivational speaker VJ Smith will present on his book *The Richest Man in Town*. Chapel.

Wednesday, September 20, 2:30 pm—*Dry Skin Care & Moles*, presented by Avera Dermatology and Laser Center. Chapel.

Monday, September 25, 7 pm—Music and entertainment by the Legionnaires. Chapel.

Wednesday, September 27, 2:30 pm—*Identity Theft* presented by Edward Jones. Chapel.

