



A Touchmark® community



Residents create life-enriching opportunity



Message from
Angie Rabon
—Executive Director

Just before school started I kept hearing only one thing from my daughter ... “I’m bored. There’s nothing to do.” I am sure that I am not the only one who has heard this sorry song recently! It is such a relief to be at Waterford where a resident recently told me that she had to use a highlighter to mark everything on our Life Enrichment/Wellness calendar that she wanted to take part in.

Not only are residents active in areas of interest, but they are also leading classes and educational endeavors. I would like to take a brief moment to thank the following residents for sharing their talents:

Quilting with Illa. Illa Rott has graciously imparted her quilting skills to the ladies in Arts and Crafts and also in Memory Care. Each group has created two beautiful quilts.

Jazz 101 with Wendol. Wendol Holcomb radiates a vast knowledge and love of jazz music. No one is better qualified to share the enjoyment of jazz.

Readings with Jody. Jody Swenson shares her wonderful voice as she presents select readings with the group. Feel

the pleasure of hearing Jody’s voice as she reads some of her favorite selections.

Painting with Ruth. It is so nice having an artist at Waterford! Ruth Fenner shares not only her painting but also drawing skills in Arts and Crafts. Come and develop your talent with Ruth!

Knit Wits. I just love that name! These ladies, who are from all skill levels, enjoy getting together and knitting. Recently, under the direction of Patty Berger, the group completed a blanket from blocks created by each member of the group. What a special project!

Bible studies in Memory Care. Frances Wagner and Mary Lee meet with the residents in Memory Care and share their individual feelings of well-being.

Would you like to join or—better yet—lead a group? Now is the time to participate in all the fun here at Waterford. Contact Life Enrichment/Wellness Director Krista Musser for more information. Do not be left out!



Nutrition—important for brain and body

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

Tired of hearing about the worldwide obesity epidemic? Unfortunately, it is true, and the more scientific studies that come in the more data there are to verify that diabetes, renal failure, high blood pressure, high cholesterol, dementia, and even poor bone integrity are all tied to

“One of the major benefits of eating fruits and vegetables is their high potassium content. Potassium is protective against high blood pressure and a new study shows that potassium is protective to the bones.”

American Journal of Clinical Nutrition, April 2005

- 1. Shop the perimeter of the grocery store** and spend as much time as possible in the produce, dairy, and grain sections of the store. Avoid the interior and end-of-aisle packages ready in five minutes—choices that are high in sodium and trans fat.
- 2. Start the day with as many fresh fruits and grains as possible:** juice, berries, or banana on your whole-grain cereal or oatmeal; whole-wheat toast, melon, and/or citrus. It’s a lot easier to get the nine required half-cup daily servings if you start early in the day.
- 3. Drink at least seven glasses of water every day** to stay hydrated and keep your body and brain in balance. Seven glasses of fluids is a minimum for even the smallest adult (85 pounds). Some of your fluids can be juices, coffee, and tea, but they aren’t as efficient for the kidneys or brain as plain water.
- 4. Eat two to three servings of fish every week**—even canned tuna packed in water counts! Fish really is brain food; it’s not an old wife’s tale, after all.
- 5. Combine exercise— aerobic and anaerobic—with good dietary choices.** People who diet and lose weight over and over are at the greatest risk of rebound weight gain, and without consistent exercise at the right level, the fat comes back but the muscle does not.

There are numerous Web sites with good recipes and healthy eating ideas. One you might like to check out is www.whfoods.com/genpage.php?tname=recipe&dbid=131. With beans in great abundance in the fall, this could be a great side dish for you, your family, or friends.

the problems that come with being overweight. As you might suspect, the majority of the cause rests with lifestyle decisions—poor eating choices and inadequate exercise.

Instead of dwelling on the bad news, though, let’s focus on some positive habits and good strategies in regard to selecting and eating food. Here are a few proactive approaches to try:

At Waterford we are committed to working with every resident on healthy lifestyle options. To join in planning, preparing, and participating in dietary and exercise programs and events contact Life Enrichment/Wellness Director Krista Musser.

An enriching lifestyle

Residents at Waterford experience a different kind of lifestyle, which you can have, too. Trade mowing the yard and shoveling snow for a wine social or fitness class. Instead of spending time cooking, take time with friends and family in a beautiful dining room while enjoying delicious meals. Trade cleaning for outings to new restaurants, entertainment downtown, or a stroll around the beautiful Waterford campus.

There is so much to enjoy as a resident at Waterford. Come and see for yourself! To set up a tour of our community, contact Jennifer Schultz or Kelly Woltdt at 605-335-1117.

Event calendar inspired by residents

by Krista Musser, CTRS
—Life Enrichment/Wellness Director

I am often asked how I get such a wide variety of activities on the calendar. The truth is, all of our activities are initiated somehow by a Waterford resident. Residents give me the ideas and/or lead the activities.



Resident Virginia DeJean admires the roses at McKennan Park during a Waterford picnic this summer.

Throughout the day, numerous residents stop by my office to visit. They update me on their recent vacation, the score of the game the night before, the upcoming service project they are taking part in, the outfit they started on,

or the most recent pictures of their great-grandchildren. In our visiting, they reminisce about something that they have done in the past or even what they would like to do again. This gets the ball rolling.

A day doesn't go by when I haven't discovered something amazing or interesting about someone here at Waterford. Each and every person has led a fascinating life through their careers, families, and endeavors.

We would like to share those talents, stories, and experiences with everyone. Do you have an interest or talent you would like to share? Stop by my office and let's talk. I love to listen.

*I think it's wise old nature's gentle way
Of saying life must change as seasons do.
As each one comes, another ends—
Then I remember—
A caring God sends each of us September*

For November, please submit a story and photo focusing on Thanksgiving and/or sharing. Deadline for this issue is October 6. For a list of the guidelines, monthly themes, and deadlines, please contact Life Enrichment/Wellness Director Krista Musser.

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What others are saying

"I like the people—both the residents and the staff. Waterford is a very pleasant environment."

Dr. John Harris
—Resident

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It's time for flu shots

by Winona Phelps, RN
—Medicare Manager, Touchmark

Waterford promotes healthy lifestyles. One way that you can have a healthier fall and winter is to get a flu shot.

**Stay healthy this year—
get your flu shot!**

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The flu (or influenza) is a contagious respiratory illness caused by viruses that can lead to mild or severe illness or even death. The best way to avoid the flu is by getting a flu vaccination each fall. Older people, young children, and those with certain health conditions are at high risk for serious flu complications, such as bacterial pneumonia, dehydration, and worsening of chronic medical conditions (e.g., congestive heart failure, asthma, or diabetes).

What are the symptoms?

Symptoms include fever (usually high), headache, extreme tiredness, dry cough, sore throat, runny or stuffy nose, and muscle aches. Stomach symptoms, such as nausea, vomiting, and diarrhea, also can occur but are more common in children than adults.

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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 October is a poem highlighting the fall harvest or life wisdom.

Sometimes in September

by Frances Wagner
—Resident

*My evening walks are early now,
As brilliant gold and yellow leaves
Fall gently on the still-green lawn.
My lovely summer is soon gone.*

*September is both sad and sweet for me
Remembering little daughters off to school,
So pleased to wear a dress that's "all brand new."
And then each year, they changed and grew.*

*September soon meant long goodbyes
And counting time 'til holidays.
Cicades, too, begin their autumn song.
The nights come early now, and long.*

*"September is a month so beautiful,"
My friends remark, and I, in fact, agree.
Then why that touch of sadness in the air
When birds fly south and trees grow bare?*

How flu spreads

Flu is very contagious and spreads when people cough and sneeze. Sometimes people become infected by touching something with flu viruses on it and then touching their mouth or nose. Most healthy adults may infect others one day before symptoms develop and up to five days after becoming sick. This means that you can pass on the flu to someone else before you know you are sick as well as while you are sick.

Preventing the flu: get vaccinated

The single best way to prevent the flu is to get a flu vaccination each fall. There are two types of vaccines:

- The flu shot—an inactivated vaccine (containing killed virus) that is given with a needle and is approved for use in people older than 6 months, including healthy people and people with chronic medical conditions.
- The nasal-spray vaccine is made with live, weakened flu viruses that do not cause the flu. This vaccine is approved for healthy people 5 years to 49 years who are not pregnant.

About two weeks after vaccination, antibodies develop that protect you from infection.

When to get vaccinated

October or November is the best time to get vaccinated, but December or even later can still be beneficial. Flu season can begin as early as October and last as late as May.

Who should get vaccinated?

In general, anyone who wants to reduce his or her chances of getting the flu can get vaccinated. Health care workers, people 50 to 64 years, those who could transmit the flu to people at high risk, and those at high risk for complications should be vaccinated.

The Centers for Disease Control (CDC) has issued two recommendations for the upcoming flu season:

1. Vaccinate children 24 to 59 months and their household contacts; they stress the importance of administering two doses of vaccine for children 6 months to less than 9 years who were previously unvaccinated.

2. Remember that neither Amantadine nor Rimantadine are to be used for treatment or prevention of influenza A.

If you have questions about the flu or how/where to get a flu shot, ask us. And here's wishing you a flu-free year.

Note: Information from this article was drawn from the CDC's Web site at www.cdc.gov/flu.

Waterford residents are on the move!



Bob Swift (left) and Jack Danz enjoy their regular game of Texas Hold 'Em.



From left: Ellen Lange, Gladys Bredeson, and Patty Berger arrange the quilt that residents in Knit Wits knitting club made.

Upcoming events

Wednesday, October 11, 2 to 4 pm—Apple Festival with Country Apple Orchard. North Dining Room.

Friday, October 13, 2:30 pm—South Dakota Symphony Wind Quintet performance. Chapel.

Tuesday, October 17, 2:30 pm—Carol Mashek will present *The Early History of Sioux Falls*.

Friday, October 20, 2:30 pm—Gary Olson, MD, will present on his book, *The Near Lynching in Sioux Falls: The William Brown Incident*.

Monday, October 23, 11:45 am—Invite your pastor and join us for lunch and an inspiring and upbeat message. RSVP required. Contact Krista for more information at 605-731-5472. Imperial Dining Room.

Wednesday, October 25, 7 pm—Matthew Malone, MD, will present *Managing Behaviors Associated with Alzheimer's disease and other Dementias*.

