



## Veterans, we salute you



*Message from*  
**Angie Rabon**  
—Executive Director

In 1918 “the war to end all wars” came to completion after four very long years. An armistice was signed on the eleventh hour of the eleventh day in the eleventh month. Each year the nation, and all of us at Waterford, take time to recognize all of our veterans.

Recently, the Veterans Administration held a luncheon in Sioux Falls for the women in our area who served in the military. Eleanor “Mickey” Billion and Virginia DeJean attended this event along with staff member Vicki Bruse.

**“We can’t all be heroes. Some of us have to stand on the curb and clap as they go by.”**

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*Will Rogers*  
—US actor and comedian

Currently, the Veterans History Project has been created to obtain recorded interviews. Documentation is being collected, chronicling the wartime experiences of veterans and those “state side” and the effects on their lives and the country. What a wonderful tribute to all who have served

our nation during times of war! Never should we forget all that has been given to us by servicemen and servicewomen and their families. Please remember to tell a veteran “thank you” on November 11—Veterans Day.

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## The lasting effect of gratitude

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

We’ve all experienced it—the unanticipated “thank you,” the smile from a stranger, the compliment from a friend. These seemingly small, thoughtful acts of kindness and acknowledgment leave a positive imprint on our conscious mind and often on our attitude. But there are larger benefits, and historians as well as researchers have proven the value to both the giver and the recipient.

**“To affect the quality of the day, that is the highest of arts.”**

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—*Thoreau, Walden*

Such diverse authors as Dorothy Davis, Jon Kabat-Zinn, Gandhi, and St. Paul have written in parables, journals, instructive essays, and sacred texts about the lasting impact of unselfish contributions to individuals, societies, and cultures. Stories of the Underground Railroad during the Civil War, the nationalist efforts of compassionate German citizens during the Holocaust, and more recently the efforts of thousands of volunteers in New Orleans and Mississippi are familiar to most readers.

In less well-read literature, the research community has evaluated the power of expressed gratitude. Individuals

with personalities that are largely defined as unselfish, caring, and compassionate have a higher quality of life both physically and psychologically. Well-being is measured in personality indexes and psychological profiles as well as verified with testing that measures the significant systems of the body: cardiovascular, neurological, endocrine, and musculoskeletal. Consistently, considerate individuals fare better and live “well” longer than their contemporaries.

An even greater benefit in the aggregate is the influence on our culture of those who care and share. Without the caregivers, charitable organizations, good neighbors, and citizens we rarely read about in the newspapers, the needs of many would go unnoticed and unmet. In Waterford’s Life Enrichment/Wellness program, we strive to provide opportunities to residents, their families, and our staff to make a difference. To be involved in the positive opportunities, contact Life Enrichment/Wellness Director Krista Musser for information on how to participate.

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## Experience the Waterford lifestyle

*by Jennifer Schultz*  
—Sales Associate

At Waterford, we provide services to support residents, so they can enjoy an independent, active lifestyle. In October, we added yet another service to help accomplish this—all-day dining. Residents are now able to enjoy breakfast, lunch, and dinner at their leisure throughout the day.

Enjoy a late breakfast or grab a sandwich and cup of soup after a busy day of activities and social events of your choosing.

At Waterford, you determine your lifestyle. Join us today for a deliciously prepared meal and a tour—you choose the time! To set up a tour, call me or Kelly Woldt at 605-335-1117 or 800-713-1117.

## Brain health

**Wendy Schrag**  
—Memory Care Manager, LPN

In recognition of National Alzheimer’s Month (November), Waterford will be offering several special events to educate and increase the awareness of Alzheimer’s disease and other related dementias. Alzheimer’s disease is an irreversible disorder of the brain caused by the death of nerve cells. This disease robs individuals of memory and, eventually, overall mental and physical function. Please remember that memory loss is not a normal part of the aging process!

A candle lighting ceremony will be held to remember and honor those affected by Alzheimer’s disease and other related dementias on November 9 at 7 pm. Please share in this special event and light a candle of remembrance for anyone you may know who is affected by this disease.

### Keep your mind fit

One of the first steps toward finding out if you or a loved one has Alzheimer’s disease is to complete a memory screening test. These screenings can test your memory, language skills, and thinking ability. Waterford will be giving complimentary memory screening sessions on November 14 from 9 to 11 am in the Wellness Center.

It is important to take care of your memory. The key to successful aging is a healthy, common sense lifestyle. The goal is to slow or prevent the loss of brain cells. To do this requires a healthy body, mind, and spirit. Here are just a few tips on how to achieve your goals:

- 1. Visit your doctor regularly.**
- 2. Stimulate your brain through word puzzles, music, playing games, etc.**
- 3. Exercise a minimum of three to four times a week.**
- 4. Control any other health issues, such as diabetes, heart disease, high blood pressure, and depression.**
- 5. Maintain a healthy diet.**

## 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 November is a story and photo focusing on Thanksgiving and/or sharing.*

## What I am thankful for?

*by Sharon Bates*  
—Resident



**Nellie Grace Bates lived an energetic life.**

I am thankful that I had a dear mother-in-law whose name was Nellie Grace Bates. She was a “hoot”—a fun-loving, high-spirited woman, who had a zest for life as you can tell in this picture of her taken in a grandson’s cowboy hat.

At age 90, I took a very close-up picture of her. She said, “Gee, I didn’t know I had so many wrinkles.” I said, “Those aren’t wrinkles. They are character lines.” She stated back, “Well to heck with character!”

*For December, please submit a poem and/or photo that “celebrates life.” Deadline for this issue is November 6. For a list of the guidelines, monthly themes, and deadlines, please contact Life Enrichment/Wellness Director Krista Musser.*

## What others are saying

*“Waterford is well worth the seven hours in the car to see my mom because of the positive changes I see in her. Within two hours of moving mom from central South Dakota to Waterford, our entire family was changed for the better.”*

**Jodi Sugrue**  
—Daughter of resident, Silver City, South Dakota

## Thank you, veterans!

Waterford is proud of the veterans who live within the community. They represent all ranks and branches of service. Captains, paratroopers, brigadier generals, majors, and colonels all call Waterford “home.”

Thank you to these special individuals for everything they’ve done for our country:

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|--------------------------|------------------------|
| <b>Ada May Yeager</b>    | <b>Howard Hanson</b>   |
| <b>Bob Swift</b>         | <b>Jack Danz</b>       |
| <b>Bill Struck</b>       | <b>James Fenner</b>    |
| <b>Bob Vanderlinde</b>   | <b>Jerome Blank</b>    |
| <b>Charles Balcer</b>    | <b>John Harris</b>     |
| <b>Charles Boyles</b>    | <b>Justin Berger</b>   |
| <b>Curt Anderson</b>     | <b>Ken Helgesen</b>    |
| <b>Don Poss</b>          | <b>Mickey Billion</b>  |
| <b>Frank Lynch</b>       | <b>Robert Morgan</b>   |
| <b>Fred Farber</b>       | <b>Steve Everist</b>   |
| <b>George Cunningham</b> | <b>Virginia DeJean</b> |
| <b>Henry Stein</b>       |                        |

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## Is your house serving your needs today?

*by Jennifer Schultz*  
—Sales Associate

If you were to build a home to meet your needs today, would you like it to sound like this? Start with enough room for the privacy you need. Then add 24-hour staffing; convenience; all maintenance; delicious meals; a housekeeper; a banker; a hairdresser; scheduled transportation; available health services; abundance of activities; friends, having fun together in outdoor courtyards; and 15,000 square feet of common area. Wow!

That would be difficult to build for just you. You don’t have to build that for yourself—it’s already available at Waterford. Visit us today to see your new dream home.

## Residents enjoy fall Life Enrichment/Wellness events



From left: Residents Clara Buehler, Gladys Bredeson, and Bertie Van Demark enjoy an afternoon of coffee and delicious cookies.



Residents savor apple pie during the apple festival.

## Upcoming events

**Friday, November 3, 10:30 am**—Lincoln High School Choir performance. Chapel.

**Thursday, November 9, 7 pm**—National Commemorative Candle Lighting ceremony. Light a candle for someone who has been touched by Alzheimer's disease and in recognition of National Alzheimer's Disease Awareness Month.

**Tuesday, November 14, 9 to 11 am**—Memory screening for no charge. Wellness Center.

**Wednesday, November 15, 1 to 3 pm**—Memory Care Open House. Come and see all the exciting changes.

**Thursday, November 23, 11:30 am and 12:30 pm**—Thanksgiving buffet.

**Monday, November 27, 3 to 6 pm**—Alzheimer's Association Fund-raiser: Purse Party! Whether you are holiday shopping or treating yourself to a new purse, come help us support the Alzheimer's Association. More than 300 different purses and accessories will be available. Heritage Room.

**Monday, November 27, 7 pm**—Local Norwegian men's choir, the Minnehaha Mandskor, will perform in Waterford Chapel. No admission fee.

**Tuesday, November 28, 10 am**—*12 Ways to Boost Caregiver Success*, presented by Memory Care Manager Wendy Schrag, LPN. To be held at The Center for Active Generations.

