



A Touchmark® community



Celebrating a year of blessing



Message from
Angie Rabon
—Executive Director

“It’s the most wonderful time of the year!” Holiday celebrations will soon be upon us. At Waterford, we are busy trimming trees, preparing for our Christmas and Holiday Social, and looking forward to time with family and friends and the start of a new year. It is the perfect time to sit back and reflect on the blessings we have received throughout this last year.

We have given joy to young children who come here to dye Easter eggs, hunt for the Golden Egg, bury time capsules, and trick-or-treat. We have begun to enjoy a redecorated exercise room and Heart Smart fitness center. The mural in the Heart Smart center was painted by Nola Millett and her husband, Del, from Butte, Nebraska. They generously gave of their time to make the Heart Smart center and memory care even more beautiful.

Rick Albrecht, Waterford’s new massage therapist, joined our community to offer more relaxation for you. Evening Life Enrichment/Wellness activities have begun, the YWCA partnered with us to offer more fitness classes and swimming opportunities (ask our Life Enrichment/Wellness staff if you want more information!), and residents are now able to enjoy a late breakfast or lunch in the Imperial Dining Room.

This holiday season I wish you abundance and blessings. Invite your friends or family to share in our festivities. I look forward to sharing this special time of year with you. Happy holidays!

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In celebration of the spirit

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

In a world of continuous movement and sound it is almost impossible to embrace and stay in the moment. We’re constantly interrupted, startled, and distracted by cell phones, Web cams, laptops, barcodes—the list is almost endless. It is a major challenge to slow down long enough to take in the beauty of the day, the fragrance of the flower, the softness of the dew.

“Attend to the moment-to-moment unfolding of the present, adding nothing, subtracting nothing, affirming that, ‘This is it.’”

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—*Jon Kabat-Zinn, PhD, Wherever You Go, There You Are*

But the moment is only here and available to each of us in the real-time experience of today. Thoreau, Gandhi, Buddha, Jesus, and multiple other teachers and spiritual leaders reminded their contemporaries and heirs to be mindful and present. That is the requirement for experiencing the celebration of the spirit.

Instead of numbing ourselves with TV, magazines, e-mail, videos, and thousands of other distractions, the challenge is to be still and go within to the spirit that makes us unique and connected; individual and shared community; person and family. The ability to achieve that focus is available to each person, but the skills needed to pursue mindfully each moment must be cultivated. Some ways to achieve that balance are outlined in all great spiritual texts:

- **Be fully present in the moment.**
- **Invite joy.**
- **Create your future.**
- **Surround yourself with those who love and support your dreams and hopes.**
- **Eliminate the unnecessary and unimportant.**
- **Choose hope.**
- **Breathe!**

As the season of celebration approaches, we invite you to participate in all of the celebrations and festivities Waterford provides. We also invite you to share your spirit with others through our Let Your Spirit Soar program. For details of how to participate, contact Life Enrichment/Wellness Director Krista Musser.

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Give yourself a gift

by **Jennifer Schultz**
—Sales Associate

There is no better place to spend the holidays than at Waterford. During a blizzard last winter, I had the opportunity to stay at our community for the night. It was cold and blustery outside, but you never would have known unless you looked out the window. The meal was warm and delicious; the hallways were cozy and inviting, with 30 or more Christmas trees throughout; and the model home that I stayed in was comfortable and warm. I slept well, waking up refreshed. The best part about it is that I never had to go outside to enjoy any of it!

Fast forward a week or so to our annual Christmas and Holiday Social. An abundance of family and friends joined us for the celebration. The homemade fudge, Swedish meatballs, and decorated cookies were all prepared and

ready to go—no fretting over cleaning the house, working in the kitchen, or cleaning afterwards. It was a time to simply enjoy the wonder of the season with loved ones.

Each year, residents and their families enjoy holiday festivities at Waterford. Traditions of oyster stew on Christmas Eve and a Holiday Brunch on Christmas Day are celebrated by many. Families stay with their loved ones or in one of our guest suites. At Waterford, you get to enjoy the best of the winter season and leave all of the rest behind.

Won't you turn in your snow shovel this winter and join us for the holidays? Let us help you find your next home. Call Kelly Woldt or me for a tour at 605-335-1117.

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History of Sioux Falls and the All Saints School

by **Krista Musser, CTRS**
—Life Enrichment/Wellness Director

Deeper appreciation of where we live and work comes from knowing the history of our area. Last month, residents and staff had the opportunity to listen to three amazing talks about the history of our area.

Two presenters, Carol Mashek and Gary Olson, MD, joined us at Waterford to tell the residents about the early history of Sioux Falls. Dr. Olson shared the amazing story of William Brown and his near lynching.

At Waterford, we celebrate another holiday in between Halloween and Thanksgiving that holds a special place in our hearts. All Saints Day on November 1 has significant meaning to us, because our community is on the old All Saints School campus. Two buildings remain and have been restored and incorporated into our community as private residences, the Chapel, the All Saints Museum, and the Tiffany Room.

To help us celebrate, we had the honor of having former headmistresses of the All Saints School, Donna Whitcomb and Mary Lou Stieb, visit with us. They shared many traditions and rituals of All Saints. All left the celebration with a deeper meaning of the place that is home to so many.

Upcoming events

Thursday, December 7, 10:45 am—Book review with Candace Cameron. Come listen to Candace review the book *The Thirteenth Tale* by Diane Setterfield. Sunset Library.

Sunday, December 10, 2 to 5 pm—Waterford annual Christmas and Holiday Social. Join us for a cocktail buffet and entertainment by harpist Ana Vorhes and her students. Have your picture taken with Santa Claus. Imperial Dining Room.

Mondays, December 11 and 18, 7 pm—Grief Support Group, *Surviving the Holidays*, lead by Compassionate Care Hospice Chaplain Dale Stoebner. Sunset Library.

Monday, December 18, 7:30 pm—Roosevelt High School Chamber Ensemble. Chapel.

Saturday, December 24, 4 pm—Christmas Eve Service. Chapel.

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 December is a poem and/or photo that “celebrates life.”

The morning of Christmas

by Eleanor Butz
—Resident

‘Twas the morning of Christmas and all through
the house
How we were stirring, no thought of a mouse.
The suitcase of clothes had been packed with much care
For the wee little bundle who soon would appear.
The laundry was finished and hung on the hooks
The icebox was filled with good food for new cooks.
And Pa in his coat and I in my wrap
Had just settled down for a long, cold trip.
When all of a sudden there arose such a clatter
I looked from the car to see what was the matter.
A little more slowly we drove down the road
We hoped we would make it, a piston we’d scored.

The dawn breaking now on the new fallen snow
Showed gray skies—it was quiet below.
Then to our grateful eyes did appear
The lights and the door of the hospital in Pierre.
With my careful driver and the nurse in sight,
I knew in a moment that all would be right.
More rapid than comets the nurses now came,
Some whispering, some asking about baby’s name.
Was it David or Daniel or Robert or Clarence
Or Katherine or Janet or Mary or Florence?

There’s more to the story, how he came here below,
But why should I tell it, you mothers all know.
And then I awoke and heard the good news:
IT’S A BOY! A name we must choose.
I looked at his features, his head turning ‘round,
“He looks so like you, how does David Earl sound?”
His eyes, how they twinkled, his dimples, how merry
His cheeks were like roses, his nose like a cherry.
His droll little mouth was drawn up like a bow,
And the fuzz on his head was as white as the snow.
He was so red and so wrinkled an elf,
That I laughed when I saw him in spite of myself.
When his clothes were all on him, my, he looked sweet,
All dressed up in white from his head to his feet.
A wink of his eye when he twisted his head,
Soon gave me to know I had nothing to dread.
He spoke not a word, but went straight to his work.
He guzzled his dinner, then turned with a jerk,
And laying his finger aside of his nose,
In nurse’s arms, sleeping, to the nursery he goes.
He was placed in his bed with deftness and care
And I lay and wondered and wished he were near.
But I heard him exclaim in his own little way,
“Merry Christmas to All”—

WHAT A MEMORABLE DAY!

For January, please submit a heartfelt, reminiscent story or “new year, new you” resolutions. Deadline for this issue is December 10. For a list of the guidelines, monthly themes, and deadlines, please contact Life Enrichment/Wellness Director Krista Musser.

2006—an exciting year



Residents enjoy dancers from The Multi-Cultural Center of Sioux Falls.



Resident and South Dakota Garden Club member Elizabeth Sieps had the honor of releasing butterflies from the South Dakota Garden Club on a sunny afternoon while others looked on.

Nola Millett paints a beautiful mural in the Memory Care neighborhood earlier this summer. Nola and her husband, Del, from Butte, Nebraska, helped create beautiful scenes for everyone to enjoy.



Garfield Elementary students contributed to our time capsule, which was sealed on Waterford's 10th Anniversary in June.



Gert and Bob Swift (front); John Harris (back, left); John's daughter, Barbara; and Deb Williams enjoy a Canaries baseball game this summer.



Residents enjoy a Discovery Walk on National Senior Health & Fitness Day.