



A Touchmark® community  
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## Waterford—where your new year begins!



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

Welcome to the year 2007! Did you know that the month of January received its name from Janus, the Roman god of the doorway and beginnings? Though New Year's Day is now recognized January first, this has not always been the case. In the old Roman calendar, the beginning of the year started in March. It is hard for me to imagine the year beginning in March.

As many review their lives and make resolutions to make improvements for the year, I hope that all will make the choice of increasing happiness and reducing stress in your lives. This year promises to be an exceptional year for us all. Though there can be many uncertainties in life, we must always focus on the positive.

Please come and visit us here at Waterford and see if we can provide you with a source of increased happiness and reduce the stress of maintaining your own home. Maybe the Roman god Janus is opening the doorway for you to Waterford—where your new year begins!

## New year ... new you

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

In a world of quick fixes and New Year's resolutions, it is important to pause and realize that there is no one prescription for physical, emotional, and spiritual well-being. Each of us is a unique human being made up of common human genomes but entirely different in personality, strengths,

**“If we all  
ran at the  
same pace,  
we'd always  
be in each  
other's way.”**

—Gary Stanley,  
author

weaknesses, and preferences. The message of the media that there is a universal solution for achieving improved health may fit cereal boxes, bumper stickers, and 30-second ads, but in order to achieve individual goals an individualized “prescription” is essential.

As 2007 arrives, it is a good idea to do a personal inventory of one's highest priorities and evaluate what choices and resources are needed to achieve goals. According to Kenneth Cooper, MD, MPH, founder of the Cooper Institute, there are a few very important goals for all of us over the age of 50:

- **Adequate sleep.** This can often be achieved by having a good level of activity/exercise during the day; eating earlier in the evening to aid digestion before going to bed; avoiding excessive alcohol or caffeine; and attempting to fill the mind with good thoughts before retiring for the night. A good bed and pleasant company also are helpful.
- **Balance in activities.** Physical activity needs to include cardiovascular, flexibility, strength, and balance

regimens. Depending on individual needs, there may be more of a need in one area than the other. Stretching and flexibility are often ignored, but they are critical to overall physical fitness.

- **Socialization.** Good company, conversation, and humor affect overall health.
- **Continued learning.** Remember: We create new brain cells every day of our lives.
- **Healthy food choices.** These are good for the body and soul.
- **Volunteerism.** The importance of giving back is essential to good health.

At Waterford, we focus on the unique needs of each person. For support and assistance with an individualized wellness program, contact director of Life Enrichment/Wellness Krista Musser. Make the new year your best year.

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## Keeping children warm

by Krista Musser, CTRS

—Life Enrichment/Wellness Director

Waterford resident Patty Berger stopped by my office a year ago with an idea. She had many residents asking her for help with knitting and crocheting projects. Since there was such a need, she wondered if twice a month a time could be organized for all the residents who knit and crochet to get together, not just for help but for socialization and motivation. Patty and her “crew” meet the first and third Tuesdays of the month for Knit Wits knitting club.

A year has passed, and the group continues to grow, not only in participation but in production. After researching many service projects, the group decided to knit for a need. The organization they chose was Eagle Television’s Mongolia Project. Steven Posey from Campus Crusade came to talk to the group in December about the project. Eagle Television is a station that broadcasts in Ulaan Baatar, Mongolia. In addition to being a very poor country, Ulaan Baatar is the coldest capital city in the world. Eagle Television is the only noncommunist television station in the country that broadcasts international news, sports, and talk radio. A large part of the station’s mission is service projects. One of their service projects will be distributing Waterford’s knitted hats and scarves to

children in Mongolia.

After only a couple of weeks in progress, the Knit Wits have made over 50 hats and scarves! Waterford’s hand-knitted scarves and hats will be keeping many children warm this winter in Mongolia.



**Steven Posey from Campus Crusade talks to residents and staff about service projects in Ulaan Baatar, Mongolia, and how Waterford can help support these projects. Residents decided to help by making knitted hats and scarves (seen on the table) to help keep children warm in one of the world’s coldest regions.**

## Purchase a card, support a cause

The *Let Your Spirit Soar* note card collection, featuring the artwork of talented artists who live in Touchmark communities throughout North America, is now available. A set of eight cards and envelopes costs \$10, and individual cards cost \$2. Your purchase will support the Touchmark Foundation’s work to help seniors receive needed support and services. To learn more about the Foundation, please visit [TouchmarkFoundation.org](http://TouchmarkFoundation.org) or call Executive Director Janet Plummer at 800-796-8744.

# Congratulations, Maizie!



Maizie Solem's painting, *The Lost City*, was selected for the Touchmark Foundation's *Let Your Spirit Soar* note card series. The origin of her abstract painting was inspired by the blue hues she loves so much. Maizie starting painting when she and her husband, Herm, lived in London. At one of the events they were attending, Maizie met an artist. He invited her to his studio, where he set her up with an easel and paints and told her to paint anything.

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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 December is a heartfelt, reminiscent story or "new year, new you" resolutions. John "Jack" Danz has experienced many interesting events in his life—all making him who he is today. Jack would like to share with you about one of those experiences.*

## Home economics class for boys?

by John "Jack" Danz  
—Resident

My best friend, Larry Hunt, and I were in high school in Ashland, Wisconsin. We wanted an all-boys cooking class started at our school. With much persuasion, we convinced our principal to start this course. Our high school was the first school to start an all-boys home economics class in Wisconsin.

The press caught wind of this, and before we knew it, the *Milwaukee Journal* came to our school to write an article on this new course [that Ondossagon High School] started. After the article ran in the newspaper, I received a call from a man who ran a resort. He saw the newspaper article and wanted me to come to work at the resort for the summer. I accepted! When the summer was done, I received another offer in Madison, Wisconsin, at a restaurant. There I cooked for the University of Wisconsin Men's Basketball Team after every home game. I received an hourly pay and three meals a day. My experience being a cook even came into use in the Army, where I filled in for the full-time cook.



Jack (right) has saved this photo and caption that appeared in the *Milwaukee Journal* and featured Jack and his friend learning to cook in an all-boys home economics class.

*For February, please submit a heart-to-heart/love story. Deadline for this issue is January 10. For a list of the guidelines, monthly themes, and deadlines, please contact Life Enrichment/Wellness Director Krista Musser.*

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## Enter photo(s) for Touchmark 2008 calendar

As part of the Life Enrichment/Wellness Let Your Spirit

Soar program, Touchmark is planning to create a 2008 calendar featuring photos taken by staff (team members) and residents. The calendar theme is “creating intentional community,” and it will convey pictorially the Life Enrichment/Wellness areas: physical activity; mind/body/spirit; community outreach; intergenerational; friendship; growing together; lifelong learning; special events/holiday celebrations.

All photos must be in color; taken with a digital camera or 35 mm camera, show current staff/residents, and have a completed permission form of all people pictured. Check with your Life Enrichment/Wellness office for complete guidelines. All photos must be submitted by July 31, 2007 to be considered for the calendar.



Residents and staff play a game of Uno.

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## Residents enjoy enriching events



Residents and guests enjoy the Holiday Tea and Style Show. Call today and join Waterford for future events.



The Waterford Christmas and Holiday Social featured tasty treats.



Fred Farber, Cleone Henry, and Patsy Butler-Gratzfeld (Cleone's daughter) relax at a Waterford social.

# Start the new year off right

Instead of worrying about the weather and the inconveniences that can occur in your own home, come and experience the Waterford lifestyle, where you'll enjoy maintenance-free living with access to hospitality services and amenities, delicious cuisine, Life Enrichment/Wellness events, and a friendly 24-hour staff.

Come enjoy the convenient lifestyle that Waterford has to offer. Call Kelly Woldt or Jennifer Schultz for a tour at 605-335-1117.

## Upcoming events

**Thursday, January 4, 10:45 am**—Book review with Candace Cameron. Come listen to Candace review the book *The Whistling Season* by Ivan Doig.

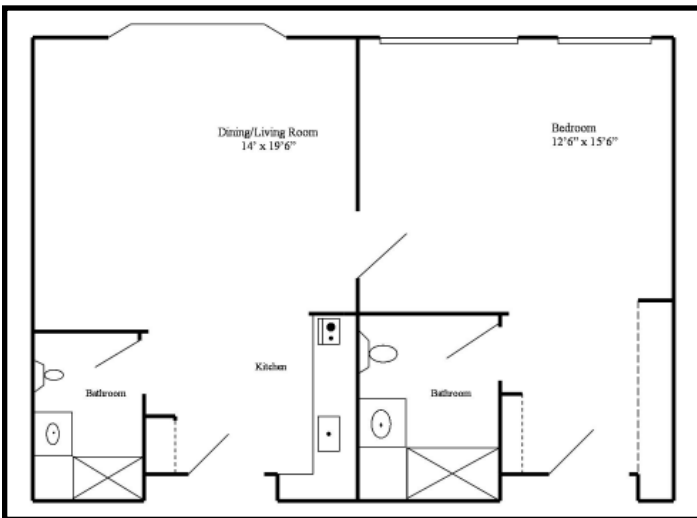
**Sunday, January 14 2 pm**—Cherub Choir. Come and enjoy entertainment by this group of children, kindergarten through second grade, from First United Methodist Church. Chapel.

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## Large one-bedroom available

Enjoy comfortable living in this newly remodeled spacious one-bedroom home with two bathrooms in Waterford's Dakota Park. This home features a large living room and master bedroom with a spacious closet. The home includes extra closet space, kitchen, and a gorgeous view overlooking the rooftop pavilion.

Take advantage of weekly housekeeping, fine dining, extra storage space, a fitness center, access to many social events, and other amenities. To take a tour of this home or others, contact Jennifer Schultz or Kelly Woldt at 800-713-1117 or 605-335-1117.



**Call today to learn more about this attractive home.**

