



A Touchmark® community
Est. 1980



Recalling the rich history of All Saints



Message from
Angie Rabon
—Executive Director

With the beginning of February, it seems like we are still in the middle of winter in South Dakota. This year, it has been very interesting with rainstorms, sleet storms, and the occasional snowstorm. We have had a few days where the snow was sticky—perfect for anyone to have some fun out in the snow.

All of us who have grown up in the Midwest have childhood memories of building a huge snow fort, sledding, and snowball fights. Many of these same activities took place on the campus of All Saints throughout the years. A common statement made by guests as they walk through the doors of Waterford is, “I used to play games out on your hill!” The memories of snowy days on the hill of All Saints always make me smile. We are truly a community that is intertwined with Sioux Falls and its history.

Waterford is centered in the historic and beautiful McKennan Park district. We have neighbors who have lived in this area for 50 or more years. I am always honored when they make the decision to move down the road or across the street to “the old All Saints School,” now known as Waterford.

The next time the snow is sprinkling the ground, instead of thinking about the memories of playing outside as a child, give us a call and arrange for a visit to Waterford. On snow days, we may stay off of the hill located on our campus, but we have a lot of fun inside!

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Follow your heart

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

In today’s world there is a good understanding of the workings and function of the human heart. There is even a live television show that features surgeons doing open heart surgery (let the viewer beware; it is bloody). How is it then that we continue to attribute the heart with being the center of human emotions?

“To understand the heart and mind of a person, look not at what he has already achieved, but at what he aspires to.”

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—Kahlil Gibran

In reality, the emotional data center for humans is the prefrontal cortex of the brain. This is where we discern pain from pleasure, friend from foe, gratuitous compliment from genuine praise.

It is an amazing and complex interaction of all of the lobes of the brain that integrates emotion and fact and allows humans to form opinions and make judgments about how to assess an incident or person as to whether there is danger in a given situation. The same automatic analysis can reveal a safe situation and often provides insight into who we can

trust with our emotional well-being.

So, although in the 21st century it is well known that the mainframe of the brain does generate the full range of emotions, our culture continues to use the heart as the universal symbol of the repository for emotions. Sage advice would be to take care of both of these important organs to have “good heart and brain health.” In general, what is good for the heart is good for the brain. That applies to diet, physical activity, balanced work and play time, positive relationships, and good financial choices. It is the total combination of lifestyle choices that allows people to “follow their hearts and create their own future.”

At Waterford, the Life Enrichment/Wellness program components are designed to support good heart and brain health. For information on the offerings and opportunities available, contact Director of Life Enrichment/Wellness Krista Musser.

Design your lifestyle

by Jennifer Schultz
—Sales Associate

Waterford at All Saints is a community that encourages people to be active and spend their days doing activities they enjoy. You may choose to start your morning with the Walking Club, Sit & Be Fit class, or simply decide to sleep in. The Life Enrichment/Wellness calendar is full of a variety of events, many of which are led by residents.

Events are planned with your interests in mind. You are welcome to participate in as many Life Enrichment/Wellness activities as you choose, stay home in the comfort of your private residence, or take advantage of the wonderful things happening in the city of Sioux Falls.

If you do decide to take advantage of all that Sioux Falls has to offer or you get busy lounging around in your home, there is no need to worry about missing a meal. Our main dining room now offers all-day dining services to accommodate your lifestyle.

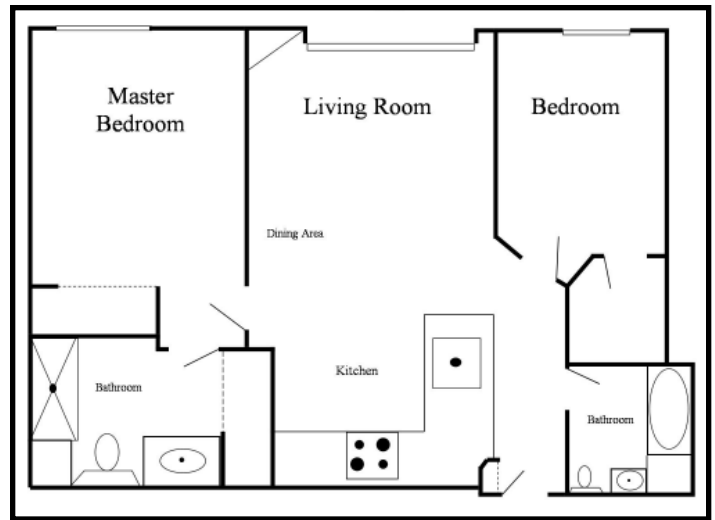
Designed with you in mind

Enjoy comfortable living in this two-bedroom home with two bathrooms in Waterford’s Dakota Park. This spacious home features an outdoor patio that leads to the rooftop garden pavilion, a fireplace, and a large master bedroom.

The home includes a washer and dryer, extra storage space, a full kitchen, and a great view.

Take advantage of 968 square feet of living space, weekly housekeeping, fine dining, a fitness center, access to a varied Life Enrichment/Wellness program, and other amenities.

To learn more about Waterford or to tour this home or others, please contact me or Kelly Woldt today at 605-335-1117. Join us for lunch—you pick the time!



Call today to learn more about this comfortable home.

The new year begins

by Krista Musser, CTRS
—Life Enrichment/Wellness Director

Residents at Waterford celebrated the start of 2007 with parties, socials, and singing. In addition to a couple of resident-hosted parties, the celebration began with the making of a traditional German New Year’s cake, Spec ‘n Decken. Before the evening dinner, residents gathered in the Chapelview Parlor for the New Year’s Eve wine social and sing-a-long. The night ended with a New Year’s Eve party, hosted by resident Harlene Lee.

Later in January, Avera McKennan Fitness Center Exercise Specialist Joni Anderson motivated all of us to start 2007 on the right foot. Joni expressed the importance of attitude and gratitude in our daily lives. She brought with her not only good information but a lot of energy!

Upcoming events

Friday, February 2, 2:30 pm—*What Do I Do If I Can't Read the Newspaper Anymore?* A presentation focusing on low vision, presented by South Dakota Visually Impaired. Sunset Library.

Tuesday, February 6, 2:30 pm—*Purses and Bears with a Touch of Class*. Come and see the creative ways your old furs can be turned into something fun and sentimental. Heritage Room.

Tuesday, February 13, 2 to 4 pm—Chocolate Extravaganza and Open House.

Love for art and history—Meet Charlotte Carver

by Jennifer Schultz
—Sales Associate

For 11 years, guests have entered the Carver residence at Waterford and noticed that Charlotte loves history and the arts. Original paintings grace every wall of the unique, fourth-floor home in the historical Chapelwood. The banister from the original All Saints School leads into a great room with dormers, art, and antiques as the focal points.

“I think of my life as a play in three acts. I am happy to be living out act three at Waterford at All Saints,” says Char.



In this photo from the mid-90s, Bill and Char Carver look over their home and talk with a Waterford staff member (wearing red) about the construction progress.

All Saints holds a special place in Char's heart, because she worked on the Historic Preservation Board, helping to get the All Saints School placed on the National Historic Register. “It never occurred to me that in October 1995, Waterford at All Saints would become our home,” Char says.



Char today standing next to the original All Saints School banister in her home.

In act one, after growing up in Canton, South

Dakota, Char attended the University of South Dakota, where she met Bill Carver. He went overseas in the army shortly after the couple met. During that time, Charlotte was a broadcaster and continuity writer for radio stations in Davenport and Mason City, Iowa. When Bill returned in 1946, the couple married and moved to Sioux Falls, marking the beginning of act two. Char was a full-time homemaker and raised their children David, Catherine, and Craig. Their home was just blocks from All Saints on Phillips Avenue.

Her appreciation of the arts and work with the local symphony opened up the opportunity to be the executive director of a newly formed state agency. In 1967, Char headed up the South Dakota Arts Council, working with artists and art organizations throughout the state.

Now in act three, Char reflects on family memories, wonderful trips, and the family's time in Sioux Falls. When she and Bill started thinking about changing their lifestyle, the All Saints School was being changed into a retirement community. The careful renovations and the ideal location in the heart of Sioux Falls provided the comfort and freedom they were looking for.

“All of these years later, I am still convinced our move to Waterford at All Saints was one of the wisest decisions we made when planning for our retirement.”

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 war's over!

by Virginia DeJean
—Resident

After I graduated from the University of Nebraska in Omaha, I decided to enlist in the service. I served in the United States Army. After completing my basic training at Fort Des Moines, I was assigned to work in the Military Intelligence Department at the Pentagon. My duty was switchboard operator. We were not just to transfer phone calls, but we were to listen in on incoming calls. There were 12 of us who worked in that position. Our job was very confidential, and I could not even tell my family what my position was.



Virginia served in the US Army during wartime.

We stayed in living quarters that overlooked Arlington Cemetery, and we were escorted to and from the Pentagon. I will never forget that day when a call came through my machine—May 7, 1945. After taking the call, I exclaimed, “The war’s over; let’s go have a beer!”

*For March, please submit a humor and laughter poetry feature. Deadline for this issue is February 10. For a list of the guidelines, monthly themes, and deadlines, please contact Director of Life Enrichment/Wellness
Krista Musser.*

Have questions about financial matters?

Submit a question to First National Bank Trust Officer Gloria Paulin by simply stopping by the First National Bank branch here at Waterford and dropping your question in the “Dear Trust Officer” box. Selected questions will be answered in an upcoming newsletter.

Just a reminder—Gloria is at Waterford once a month. So if you would like a no-charge, confidential consultation with Gloria, please see Customer Relationship Manager Lori Weise at the First National Bank branch in Waterford to schedule a time. Lori is at Waterford on Tuesdays, Thursdays, and Fridays from 9 am to noon.

Sioux Falls selected as grant recipient

Macular degeneration and various diseases affect the vision of nearly 10 million Americans. To help address this problem, the Touchmark Foundation is funding a pilot program to provide reading magnification systems to senior communities.

Locally, the special equipment has been installed at Waterford at All Saints and will be available for use by people throughout the Sioux Falls area. Waterford will collaborate with South Dakota Visually Impaired to design and implement the program.

According to Touchmark Foundation Executive Director Janet Plummer, the low-vision project is a top priority of the Foundation in its ongoing efforts to improve the physical, social, intellectual, and spiritual lives of seniors. “Not being able to read causes many seniors to feel isolated, frustrated, and dependent on others,” she says, adding, “Having access to this magnification equipment truly will improve the lives of seniors with low vision.”

“We are very excited to participate in this project,” says Executive Director Angie Rabon. “Many of us take for granted our ability to do simple tasks, such as reading the newspaper and mail. Failing vision can affect the simplest pleasures and even necessities of daily life. This project can make a difference.”

The Foundation has ordered an Optelec ClearView+ Desktop Video Magnification System and is arranging for the installation. Watch for upcoming programming and events focusing on vision.

If you have questions about the equipment and its use or the programs, please contact Life Enrichment/Wellness Director Krista Musser at 605-335-1117. Also, look for additional details in the next Touchmark Foundation newsletter.



Residents paint sweatshirts at a class lead by Ruth Fenner.



Vicki Bruse (far right) leads the Sit & Be Fit class—a great way to start your day.

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Residents get involved



The Knit Wits gather and work on their knitting projects.

