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Are you laughing every day?



Message from
Angie Rabon
—Executive Director

How many of us heard our mothers tell us, “It takes more muscles to frown than it does to smile”? Or how about the phrase, “Laughter is the best medicine”?

Our culture loves to laugh. We spend money to see a good comedian, spend time watching comedies on television, and enjoy time laughing with family and friends. Even with very stressful and difficult situations, it helps to find a little humor and laugh. On average, an adult will laugh 17 times a day. Are you laughing 17 or more times per day? If you’re looking for something to laugh about, join us for our many Life Enrichment/Wellness activities that may bring joy and laughter to your life.

Laughter is seen as a form of “an outward expression of amusement.” This month, we are honored to have our own local celebrity, Jim Woster, coming to share his humor and positive outlook with us. Whenever Jim visits us, you will hear roaring laughter. It is always fun to share in Jim’s insight on how things work in life. At the end of his presentations, my cheeks hurt from all of the laughing. Maybe the phrase, “it takes fewer muscles to smile,” was wrong. Whether the phrase is right or wrong, it doesn’t matter, because the truth is that laughing makes us feel good.

It is said that laughter is used as a signal of being part of a group. Laughing with a group is a sign of acceptance and a positive interaction. Please join us on Tuesday, March 6 at 2:30 pm and be a part of our Waterford family.

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Optimism affects global wellness

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

In the last five years, a whole new field has developed in the world of psychological research. It is the study of positive psychology. While that may sound like something New Age or “soft” in the annals of research study and outcomes, it is in fact becoming very important in trying to figure out how the global population can cooperate and work together for the greater good of all.

“I think we are our memories more than we are the sum total of our experiences.”

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—*Martin Seligman, psychologist and writer*

A study of positive emotion, character, and institutions by Seligman and Csikszentmihalyi in 2000 included data from around the world and over time.

From the studies of the ancient Greeks to the Psychology departments in today’s universities, the conclusions turned out to be the same. Scientific evidence verifies long-held beliefs—key strengths in the optimistic personality are linked to life satisfaction in regard to a life well lived and are a high

index of self-esteem and good mental health. In addition to individual influence, there is a great impact on the world culture when these principles and strengths are applied to leaders and learners.

A 2005 Time magazine cover story, “The New Science of Happiness,” featured Seligman and highlighted eight simple steps to lift your level of happiness, based on the research of University of California psychologist Sonja Lyubomirsky:

1. **Count your blessings.**
2. **Practice acts of kindness.**
3. **Savor life’s joys.**
4. **Thank a mentor.**
5. **Learn to forgive.**
6. **Invest time and energy in friends and family.**
7. **Take care of your body.**
8. **Develop strategies for coping with stress and hardships.**

Look for additional information and scientific investigation of the phenomenon of positive psychology in an upcoming article I wrote for the International Council on Active Aging’s *Journal of Active Aging*. (A link on the Touchmark Web site will be available following publication.)

Talk with Waterford Life Enrichment/Wellness Director Krista Musser for immediate access to support and opportunities to implement positive influence. The possibilities for optimistic results are unlimited.

Upcoming events

Thursday, March 1, 10:45 am—Book review with Candace Cameron. Candace will review Willa Cather’s Nebraska trilogy: *O Pioneers*, *My Antonia*, and *Song of the Lark*.

Tuesday, March 6, 2:30 pm—*For the Fun of it!* Avera McKennan Ambassador Jim Woster speaking. Imperial Dining Room.

Sunday, March 25, 11 am to 2 pm—Open house.

What others are saying

“All the staff have been so nice, and I really appreciate it. I’m so happy to be in my new home. I was so impressed with the beauty of the place [Waterford at All Saints] and the professionalism with everyone I met. That has continued as I decided to move here in early December. I have to pinch myself to believe that I am really here.”

Wynona Brown
—Resident

Start with the decision

by **Jennifer Schultz**
—Sales Associate

With spring just around the corner, it is the perfect time to visit us at Waterford and pick out your new home! I sometimes hear people state how overwhelmed they are by thinking about planning a move. There are home repairs to make, items to sort and donate, and decisions to make about what furniture to bring to Waterford. I must admit, if you approach a move like this, it could be overwhelming.

I have already changed addresses 14 times in my life. Looking back on all of the moves I have made, I have to sit and think about how I’m still here in one piece with all of the items I hold dear.

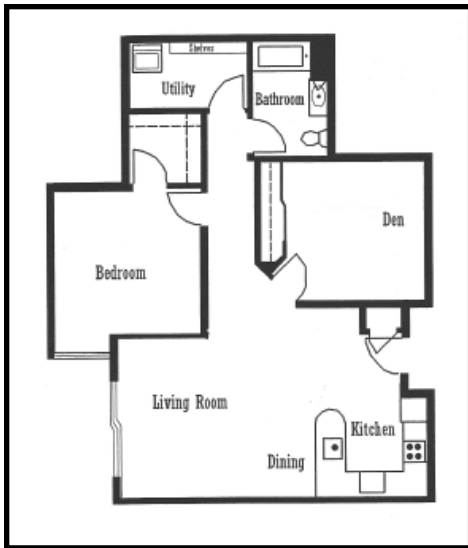
The most important thing I have learned about moving is to actually make the decision to move before I let myself get overwhelmed with the details. Once the decision has been made, it gets much easier. Your mind-set shifts from the mixed feelings everyone experiences when thinking about a move to deciding what items are important to move and which items can be donated or given away.

Once the decision is made and the packing starts, you find yourself on a mission to get to your new home. The excitement and nervousness of a new chapter in life propels you through the sorting and packing. You would be amazed by what a team of people (movers, family, friends) can do when they start to get serious about packing a household. I recently packed my household in two weeks and moved to a different home. The opportunities I was looking forward to in the next home propelled me through the packing.

With spring upon us, I hope you will visit us at Waterford. Join me or Kelly Woldt for lunch and a tour by calling us at 605-335-1117. We look forward to helping you sort out your decision.

Tour this attractive home

Enjoy this large one-bedroom home with a den in Waterford's Dakota Park. The home features a vaulted ceiling, track lighting, and large master bedroom with a walk-in closet. This spacious home includes a washer and dryer, utility closet, and a gorgeous view.



Call today to learn more about Waterford homes and lifestyle options.

Take advantage of 1,013 square feet of living space, weekly housekeeping, fine dining, a fitness center, access to many social events, and other amenities. To tour this home or others, contact Jennifer Schultz or Kelly Woldt at 800-713-1117 or 605-335-1117.

Come use the magnification system

by Krista Musser, CTRS
—Life Enrichment/Wellness Director

We are very excited to be the recipients of the Optelec ClearView+ Desktop Video Magnification System, which was funded by the Touchmark Foundation. The equipment has been installed, and many residents have been using the magnifier to read the newspaper, mail, and even look at pictures of family.

In February, we were fortunate enough to have Lillain

Stoeffacher from South Dakota Visually Impaired present how to adapt with failing vision. One of the most important tools she emphasized was the magnification system. Here are a couple of our own Waterford success stories.

Helen is a very active person who serves as the Waterford librarian and as a Welcome Committee member. She has been struggling with her failing vision over the last couple of years. This loss has made it hard for her not only to follow through with her committees and activities but also to enjoy simple pleasures, such as reading the newspaper and books. Throughout this time, Helen has stopped reading the daily paper and completely relied on television to inquire about local news. Since the installation of the magnification system in late January, Helen has not missed one day of reading the local newspaper! She also volunteers to show others how to use the machine.

Esther is legally blind. She relies on others to read her mail to her and help her with bookkeeping tasks. After a little persuasion, Esther was shown how to use the magnification system—and now can read her own mail!



Deb Williams uses the Optelec ClearView + machine to read the daily newspaper.

If you are interested in using the Optelec ClearView+ machine, please see me. I would be happy to show you how to use it. We are excited to see how the new machine will enhance many lives.

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 March is a humor and laughter poetry feature.

Poems

by Sharon Bates
—Resident

*Everybody loves mermaids
But I don't understand why
there's not enough girl to love
and not enough fish to fry!*

*I looked in the mirror for years
and never minded the crow's-feet
Why now the tears!
Because the rest of the crow is
beginning to show!*

For April, please submit an intergenerational story—current or from the past. Deadline for this issue is March 10. For a list of the guidelines, monthly themes, and deadlines, please contact Life Enrichment/Wellness Director Krista Musser.



Mavis Gourley was one of many residents who “shopped” at the resident-hosted Give & Get, where items were exchanged. The remaining items were donated to a local charity.

From bears to valentines—each month offers exciting events



Left to right: Theo Paeth, Polly Stacey, and Life Enrichment/Wellness Assistant Vicki Bruse spend an afternoon creating valentines.



Maizie Solem, along with other residents, attended the *Purses and Bears with a Touch of Class* presentation and enjoyed seeing how old furs could be turned into something fun for everyone.

