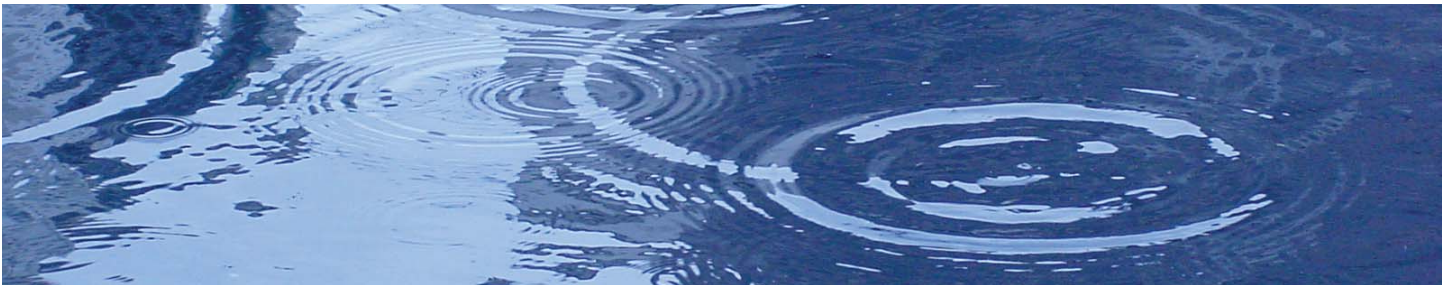




A Touchmark community
Est. 1980



Discover something new



Message from
Angie Rabon
—Executive Director

I think every month should have a holiday, because we all need something to celebrate and look forward to. I'm not sure how April Fools' Day came to be, but what a great holiday! Nobody is expecting gifts or a special dinner at a fancy restaurant. There are no holidays from work or school. It's just a day to observe an attitude of "just for the fun of it."

"Looking foolish does the spirit good."

—*John Updike*, author and Pulitzer Prize winner

began April 1. Maybe now is the time to try something new. Try out our Saturday morning yoga class or maybe go on a Life Enrichment/Wellness outing.

Sometimes we get so wrapped up in our routine or the things we think we can't do that we forget the fun in discovering what is possible in our lives. At Waterford, there

are many possibilities. Our Life Enrichment/Wellness calendar is always full, and new things can be added. Pick out something that you are curious about and participate in it—"just for the fun of it!"

April is a month that reminds us to have fun. I hope you will kick back, relax, and enjoy the Life Enrichment/Wellness activities that Waterford has to offer.



The changing days of our lives

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

According to research by Penn State Associate Professor Matt Kaplan, PhD, and others, the activity level of the grandparent generation has gone up, due in part to improved health, increased fitness over the life span, and a worldwide emphasis on supporting lifelong learning. Grandparenting itself has changed significantly. Shared interests now may include mountain biking, martial arts, photography, or skiing. Today, there are grandparent university programs that offer courses and workshops for grandparents and their grandchildren, and several entrepreneurs specialize in "grandtravel," planning vacations for the two generations who want to explore new horizons together.

There are some losses associated with this cultural shift. The days of Sunday dinners at grandmother's house may be gone altogether or occur primarily during holidays and specially planned reunions. Children go to school year-round in many places, with summer vacations limited or

“Effective intergenerational programs provide time as well as space to build relationships between children and older adults.”

—High/Scope Educational Research Foundation

lost. Extended families may correspond primarily by e-mail, cell phone, and webcasting. The net effect is less time for connecting generations and building relationship-based, real-time personal encounters within the community.

The intergenerational programs at Touchmark communities emphasize enhancing opportunities for connectivity among the generations. Whether the family is near or far, there are occasions to connect with children and young adults. Programs and events are planned and held to support ongoing relationships between residents and guests of all ages. There are scheduled program offerings that provide intergenerational activities both within Waterford and beyond. To contribute ideas or volunteer in the Full Life intergenerational programs we sponsor, contact Waterford Life Enrichment/Wellness Director Krista Musser.

Large one-bedroom home with den now available

Beautiful hardwood floors are featured throughout this 1,384-square-foot home, which is located on the corner of the building with windows facing north and east. It also has a full kitchen with a breakfast nook and an area for formal dining, and it features the only screened-in porch in the building. A large master bedroom with a walk-in



closet and an extra second closet offer plenty of space.

This home is located on a floor where residents can receive extra care, if needed, without moving. Other unique features are: two fireplaces, one in the living room and the other in the den; gorgeous view of the historic buildings on the Waterford campus; washer and dryer provided; tile countertops in the kitchen and bathrooms; and custom lighting.

Take advantage of this opportunity today and enjoy weekly housekeeping, fine dining, a fitness center, access to many social events, and other amenities. Please contact Jennifer Schultz or Kelly Woldt at 605-335-1117 or 800-713-1117 to schedule a private tour of Home 400 today.

Celebrating All Saints Easter tradition

by Krista Musser, CTRS
—Life Enrichment/Wellness Director



Children from the All Saints School gathered eggs during the Easter egg hunt, a tradition that still takes place today at Waterford. Join the festivities Saturday, April 7.

Students who walked the halls of All Saints have fond memories of yearly celebrations, like the Halloween Masquerade, All Saints Day, The Senior Tea, May Day, and one century-old tradition: the Easter Egg Hunt. We have continued the Easter Egg Hunt tradition, complete with the coveted Golden Egg.

With help from several Longfellow Elementary School

students, beautifully died hard-boiled eggs are hidden on the All Saints lawn, including the Golden Egg. With an “on your marks, get set, go,” residents’ grandchildren and great-grandchildren, along with children from the Sioux Falls community, search for eggs and candy as residents and Sioux Falls community members look on with smiles on their faces.

It’s always fun to see which child finds the Golden Egg. After the Easter egg hunt, residents gather in the chapel for an Easter service, followed by a champagne brunch. Join us Saturday, April 7 at 9:30 am and be part of our century-old tradition!

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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 April is an intergenerational story.

Teetertotter

by Frances Wagner
—Resident

*A much used teetertotter there,
Outside our kitchen window,
Where Mother could look out and see
What tricks we kids were into.*

*My little sister always was
More ladylike than I
She didn’t want to stay too long
Perched way up in the sky.*

*I never really bounced her hard
When “Mama” might be spying.
I loved her way too much
To want to see her crying*

*Some eighty years have passed
Since teetertotter days
But sometimes aren’t there ups ‘n downs
In lots of different ways?*

*No Mother now to watch our play—
The teetertotter gone.*

*So I must know how high to bounce,
And when I should let down.*

For May, please submit an article about active living—sports/fitness theme. Deadline for this issue is April 10. For a list of the guidelines, monthly themes, and deadlines, please contact Life Enrichment/Wellness Director Krista Musser.

Upcoming events

Saturday, April 7, 10 am—Waterford at All Saints Easter Egg Hunt. Front lawn.

Saturday, April 7, 10:30 am—Easter church service. Chapel.

Saturday, April 7, 11:30 am and 12:30 pm—Champagne brunch. Please RSVP by April 5. Imperial Dining Room.

Saturday, April 28, 2 pm—Instrumental music program. Chapel.

Jackie Lofswold, RN, joins the Waterford team



Jackie Lofswold (left), Assisted Living manager, with resident Inez Meyer.

Assisted Living Manager Jackie Lofswold’s goal is to help residents remain independent for as long as possible. Jackie, who recently joined Waterford, works with residents, families, and the Nursing staff. Jackie

is responsible for nursing assessments, resident/family care conferences, communication with families, and the operational aspects of Waterford’s Assisted Living. “My favorite thing about being a nurse is all the people I meet and getting to help them,” says Jackie.

Jackie worked for Golden Living in Salem, South Dakota, for 15 years and has been an emergency medical technician for Humboldt Ambulance for the last 25 years. Jackie

came to Waterford because she was ready for a change. “Geriatrics has always been my preference,” she says.

Jackie has been a nurse for 21 years (taking some time off when her children were young). She started as a licensed practical nurse until she received her associate’s in Nursing from the University of South Dakota in 1995. Jackie received her bachelor’s degree in Nursing from South Dakota State University in 2000. She also is a certified geriatric nurse by the American Nurses Credentialing Center.

A Humboldt native, Jackie enjoys spending time with her family. She has been married to her husband, Dale, for 34 years. They have three children (two girls and a boy) and five grandchildren (four boys and a girl). In her free time, Jackie enjoys shopping, reading, and sewing.

“I am looking forward to learning everyone’s name and getting to know the residents,” said Jackie.

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When would you like to dine?

by **Kelly Woldt**

—Community Relations/Sales Associate

At Waterford at All Saints, our dining services are designed to fit the needs and lifestyle of residents. Three delicious, restaurant-style meals are served each day. Our breakfast is served hot every morning with eggs made to your liking, or you can have fruit and cereal if you prefer a lighter meal. During lunch and dinner, we offer a fresh and scrumptious salad bar and various selections for the main entrée. Fresh-baked cookies and coffee are available in the morning and afternoon in our Chapelview Parlor. Enjoy a cup of coffee and a cookie while reading the newspaper or meet with a couple of your friends during the afternoon.

We also are pleased to offer **All Day Dining**, where you can have breakfast, lunch, and dinner in our beautiful Imperial Dining Room at your leisure throughout the day. Whether you choose to sleep in and enjoy a late breakfast or grab a sandwich and cup of soup for lunch in the middle of the afternoon, our **All Day Dining** service accommodates your lifestyle.

Throughout the year, we celebrate special culinary occasions by hosting events, such as A Chocolate Extravaganza, Barbecue on the Pavilion, ice-cream socials, and a Thanksgiving Day Buffet—just to name a few! We invite you to share in our wonderful dining experience!

Life at Waterford



Marie Eide (left) and Helen Larson enjoy the afternoon “Popcorn and Chat.”



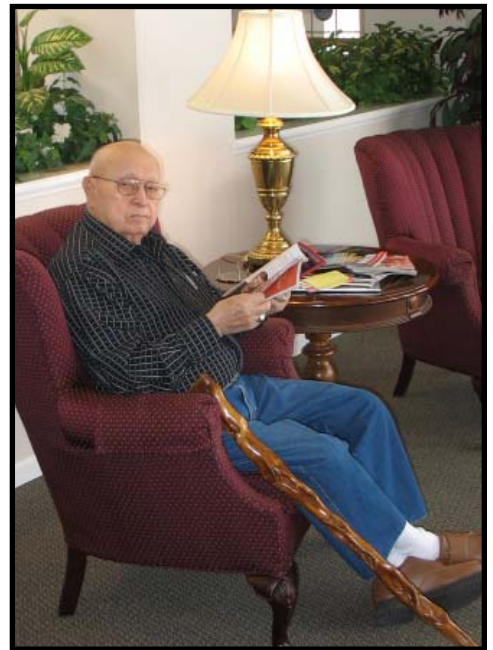
Frances Wagner (left) and Janie Cloud attend *For the Fun of it!*, presented by Avera McKennan Ambassador Jim Woster in the Imperial Dining Room.



Left to right: Iva Wegman, Myrtle Brekke, Polly Stacey, and Deb Williams create ceramics.



Loretta Bradfelt holds a puppy during a pet therapy visit from the Humane Society.



John Rustemeyer reads a magazine in Chapelview Parlor.



Virginia DeJean shares her pheasant and stories with residents during a recent afternoon chat.



Gertrude and Bob Swift on their way to morning exercise classes.



Save the date!
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**National Senior
Health & Fitness Day
Wednesday, May 30**

