



Celebrate the sunny season



Message from
Angie Rabon
—Executive Director

Finally, the month of May is here! This is a time of celebration for all of us in the Midwest. Spring is here, and it is a time of rebirth. We can look for tulips to start blooming outside of Chapelview Parlor, see the farmers starting to work their land, and anticipate a summer barbecue. I love this time of year. It seems like after a long winter, the sunshine and warm weather give a person a fresh outlook.

Are you looking for a fresh outlook? Join us for National Senior Health & Fitness Day on May 30. The day is full of speakers, events, and programming to help you feel a sense of renewal.

Maybe the warmer weather has you thinking about making changes in your life. Would you like to take part in group walks, go to a ball game or picnic? Would you like to make a move that reduces the extra work that is created by spring-cleaning and yard work? The answer is right here at Waterford. We would love to have you join in all of the activity this spring.

From research to practice

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

This year, the theme of National Senior Health & Fitness Day (Wednesday, May 30) is *Make Every Day a Fitness Day*. Research over the past year by a coalition of national organizations (“The National Blueprint: Increasing Physical Activity Among Adults Aged 50 and Older”) has clarified even further that lifestyle choices in the area of physical activity are the number one predictor of aging well. In addition to the benefits of improved cardiovascular health, strength, balance, and flexibility in regard to functional fitness, the impact on reducing chronic illness can be measured in real dollars and real time.

“In Canada and the United States, ... numerous initiatives are under way to promote active aging and quell rising rates of obesity, diabetes, and other chronic illnesses among older people.”

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—*Marilynn Larkin, MA, fitness professional and medical writer and editor*

The most successful transitions for inactive or under-active adults occur when all the factors that contribute to success, benefits, and maintenance of the lifestyle changes are in place. The most critical are:

- A safe and accurate physical activity prescription that meets the unique needs of the individual.
- A functional assessment (initially and ongoing) that measures all the components of wellness for each participant.
- A balanced program that includes safe and effective endurance, strength, balance, and flexibility components.
- In group-based physical activity, a qualified instructor who provides training and supervision.
- Support through the transition process from professionals and peers.

Waterford is committed to providing opportunities for physical activity choices that will enhance the quality of life and function for each resident. For details about the May 30 celebration of wellness, contact Life Enrichment/Wellness Director Krista Musser.

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It's time to "right-size" your home!

by Jennifer Schultz
—Sales and Marketing

Oftentimes, new Waterford residents are unsure about moving into a smaller living space compared to their previous home. It can be overwhelming to think about finding a place for everything that is in your current home or sorting through old items and figuring out what needs to be donated or given away. Sometimes, it is necessary to pick the furniture that you love and to sell the rest.

At Waterford, we call this "right-sizing" your home. It is the process of choosing everything you love and need. I recently spent a few hours cleaning out my closet. I couldn't walk through it when I started. When I was through, I had three sacks of clothes to sell on consignment, two sacks for the trash, and another sack of denim to bring to Waterford for quilting! I think the process of "right-sizing" is refreshing, because it provides physical and mental space for new things to come into your life.

We recently came in contact with some wonderful professionals to help new residents with this process. It can be very difficult to sort through years of memories and figure

out how to arrange those memories in a new environment. Our hope is that by directing you to these resources, the moving process can go more smoothly.

We have access to a professional organizer, who is ready to assist you in sorting through your home before you move. She will work with you to organize things for packing, donating, selling, and discarding. I recently visited with her about this process, and she emphasized that a new resident is the one making the decisions about all of his/her belongings, with her assistance.

Waterford also has access to a professional stager, who can assist you in deciding which pieces of furniture to bring and how to arrange them in your home to maximize your space. She feels that every home should be able to be arranged and decorated beautifully, no matter what the budget.

Erin Sheehy, Waterford's move-in coordinator, is also available for new residents who are planning their move. She is the "go-to" person for any questions about the details of moving to Waterford. She can assist you in contacting a stager or organizer, setting up telephone service, transferring your mail, and much more.

Now is the perfect time to "right-size" your home. Call Kelly Woldt or me at 605-335-1117 or 800-713-1117 to set up your tour.

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Quilting for a cause

by Krista Musser, CTRS
—Life Enrichment/Wellness Director

Illa Rott moved to Waterford over two years ago from Medford, Oregon. She brought with her a natural gift of sewing, painting, knitting, and quilting. She decided she wanted to share her passion with everyone at Waterford. Once a week, Illa leads Quilting with Illa.

She works in different areas of the Waterford building and has quilting "tasks" for residents with varying skill levels. The first project for the group was a beautiful queen-size quilt, which was later given away. The group was so motivated by their first quilt that they decided to start a new project. They wanted to do something different, so they decided to make a denim quilt.

After a few months of hard work, the beautiful patri-



Illa Rott (left) presents a patriotic denim quilt to Lona Reich, Longfellow Elementary PTA president. The Quilting with Illa class created this quilt and donated it to the local PTA to give to a family in need.

otic denim quilt was complete. The group then had to decide what to do with the quilt. It didn't take long for them to decide that they wanted to give it to a family in need. The decision was made to give

it to the Longfellow Parent and Teacher Association, where it will be passed on to a deserving family.



Wynona Brown with her grandson. Twenty-three years have passed since this photo was taken, but Wynona fondly recalls the first time her grandson called her grandmother.

first, I rebelled at the idea, for it meant I was growing older, and in our present youth-oriented society, we tend to go along with the accepted trends. But I have learned that older can mean wiser, and I like my new role as “Grandmother.”

For June, please submit an “I remember when ...” nostalgic story. Deadline for this issue is May 10. For a list of the guidelines, monthly themes, and deadlines, please contact Life Enrichment/Wellness Director Krista Musser.

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.

On becoming a grandmother

by Wynona Brown, wrote this journal entry twenty-three years ago
—Resident

My son, Kirk, asked, “What would you want to be called when the baby begins to talk?” I quietly replied, “Grandmother.” My son and his wife said nothing for a few moments. A little taken back, they told me that was a big word for a little guy. I remained firm but assured them that if my grandchild came up with his own pet name, so be it.

Today he said, “Grandmother,” and my heart was thrilled. What was thought couldn't be done came so easily from those precious lips that it sounded glorious. I know my son and daughter-in-law have been teaching him, and my respect for them has deepened, for they have honored my request.

Being a grandmother for the first time is very special. At

International expert speaks to Touchmark staff



“We can have many diseases and conditions—and still be well,” says Jan Montague, who has devoted her professional life to wellness and health promotion and “invites people to choose optimism.” Jan owned and managed a chain of fitness centers for more than 10 years and has consulted with more than 90 senior living communities, hospitals,

and other firms. A vibrant speaker, she spoke last month in Beaverton, Oregon, to Touchmark Life Enrichment/Wellness staff at their annual training session.

Jan started her presentation by sharing, “I walk, talk, and try to live wellness in all that I do.” Ten years ago she explains wellness was “a good idea.” Five years ago, “we knew wellness was something we should do.” Now, the research is overwhelming, and she says, “It’s something we must do.”

Yet, people still operate within an illness model—fix the problem, but ignore the whole person. In contrast, Jan says, “Wellness is an inside-out model.” Her approach addresses all aspects of human nature: social, emotional, physical, intellectual, spiritual, and vocational.

According to Jan, “Wellness will not just happen on its own,” She emphasized the importance of intentional and purposeful wellness and focused on how people’s actions can build—or discourage—intentional, healthy communities. Some specific steps people can take to build community include:

- **Surround yourself with a positive support system**
- **Maximize individual capacity—do as much as you can**
- **Make sure your “whole person” shows up every day**
- **Take on self-responsibility**
- **Choose optimism**
- **Recognize that life happens and make a decision to be positive**

“Wellness is a strength-based approach to life,” says Jan, encouraging people to “Think well. Act well. Be Well.”

In 1997, Jan Montague met now-retired Touchmark Vice President Ed Murphy, who invited her to work with Touchmark, which she did. “Everywhere I’d go, I’d talk about your company,” she says. “You were truly, truly the trailblazers of wellness.” Today, Touchmark’s program has evolved to its current, dynamic Life Enrichment/Wellness program.

Upcoming events

Friday, May 4, noon—Spring Style Show.

Sunday, May 13, 11:30 am and 12:30 pm—Mother’s Day Buffet for residents and families.

Tuesdays, May 15 and 29, 1 pm—Woodworking with Bob.

Saturday, May 19, 10 am—Orange City Tulip Festival outing.

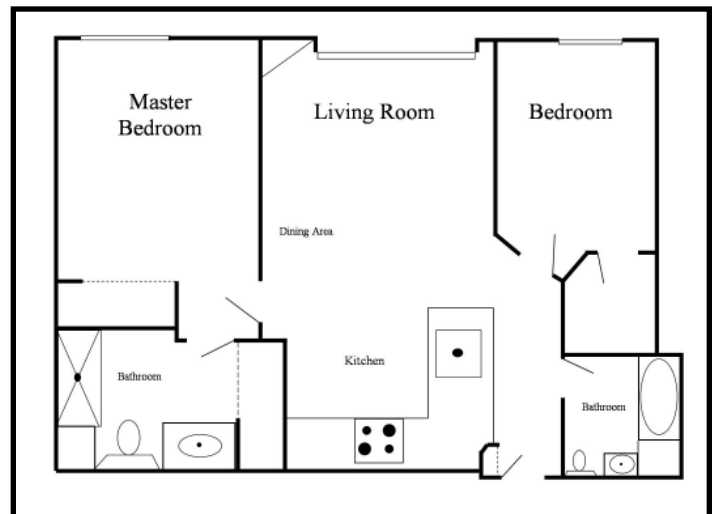
Wednesday, May 30—National Senior Health & Fitness Day.

You can live here!

A large two-bedroom, two-bathroom home is now available. This Dakota Park home is located on a floor that offers flexible services to meet the changing needs of residents. This spacious home features a vaulted ceiling in the living room, a fireplace, and a large master bedroom. The home includes a washer and dryer, extra storage space, a full kitchen, and a great view overlooking the rooftop garden pavilion.

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 tour this home or to learn more about Waterford, please contact Kelly Woldt or Jennifer Schultz today at 605-335-1117 or 800-713-1117.



Call today about this 968-square-foot home.

Come enjoy the friendships and fun at Waterford



Left to right: Lois Casey, Deb Williams, Ray Swift, and Bob Swift enjoy a Sky Force basketball game.



Gertrude Swift (left) and Hazel Wheeldon discuss the morning's news.



Helen Sundstrom visits with Sidney the dog.



Don Poss (left) and Jerome Blank take part in a woodworking class lead by Facility Manager Bob Buller.

Celebrate National Senior Health & Fitness Day

*Wednesday, May 30
9:30 am to 4 pm*

Fitness Coordinator Barb Young from the YWCA will kick off the day's festivities at 9:30 am. Come celebrate with a Stepping Out Discovery Walk, educational presentations, and health screenings. There is no fee for the screenings and presentations, and the event is open to the public. For more information about the day's events, please contact Life Enrichment/Wellness Director Krista Musser.

