



## Celebrating our country



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

What has faces 60 feet high, eyes 11 feet across, noses 20 feet long, and mouths that stretch 18 feet wide? For those of us who live in the state of South Dakota, the answer is easy ... it is Mount Rushmore. The month of July is a time to remember and be thankful for all our great nation has to offer. National pride and patriotism is displayed abundantly with flags waving in the breeze and patriotic bunting adorning houses and the fairgrounds. In South Dakota, we are lucky to have a “mountainous” tribute to our national pride in Mount Rushmore.

At Waterford, we celebrate national pastimes in July. We will start the festivities July 4 with our annual barbecue from 11:30 am to 12:30 pm. If that does not work into your schedule, join us while we listen to the Sioux Falls Municipal Band perform on our front lawn on July 10 at 7 pm. To round out the month, nothing says America more than baseball. This July, many of the residents at Waterford will attend a Sioux Falls Canaries baseball game at the “bird cage.”

Join us for all of the fun in July, and help us wave our flag proudly!

## We have not forgotten

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

Recently there was a compelling documentary where the remaining veterans of the “war to end all wars—World War 1” were recognized and interviewed. Those who are still alive are scattered around the world, and there are only 28 at last count. The stories of these men and women were remarkable—a reminder of how a life can be shaped by the belief in the greater good for all and the sacrifices countries and individuals make to protect and defend their beliefs.

World War 1 veteran Emiliano Mercado del Toro of Puerto Rico (August 21, 1891 to January 24, 2007) died at 115 and is the oldest authenticated veteran from any conflict. How amazing that someone could survive through all the health epidemics, storms, disasters, and challenges the last 115 years have presented to the human species.

**“I’ve got too much energy, too much ambition, too much get-up-and-go. I have to do something.”**

—Audrey Stubbart, quoted in the 1995 article in *U.S. News & World Report’s* feature on centenarians still working

In today’s world, everyone has a better chance for living a long, productive life than most of Emiliano’s counter-

parts did in his lifetime. Improved health and sanitation, immunization, access to better shelter, and more abundant food have increased the average adult’s lifetime to the late seventies. The percentage of people over the age of 100

in North America is the fastest-growing segment of the population. What does this mean for mankind?

It means that by 2025 we will have the largest world population of citizens over the age of 65 ever. The importance of living long is being replaced by the imperative to live well. Each individual has a responsibility to make good health and lifestyle choices that will allow him/her to be independent and contributing to society for as long as possible.

One of the primary goals of the Life Enrichment/Wellness program at Waterford is to provide the healthy options and environments that do allow each individual to have access to good choices with appropriate support. To find out more about the programs and opportunities available, contact Life Enrichment/Wellness Director Krista Musser. To celebrate and honor the sacrifices of the past, we are obligated to make the best use of the present.

## Be part of Waterford's community

Enjoy living in this two-bedroom home with two bathrooms in Waterford's Dakota Park. This spacious home features an outdoor patio that leads to our rooftop garden pavilion, a fireplace, and a large master bedroom. The home includes a full kitchen, a washer and dryer (provided), and a great view.

Take advantage of 968 square feet of living space, weekly housekeeping, restaurant-style dining, a fitness center,



Discover this spacious home and the friendly community at Waterford. Call today!

a Life Enrichment/Wellness program, and many other amenities.

To learn more about this home or others, please call Jennifer Schultz or Kelly Woldt today at 605-335-1117.

## Four-legged friends

*by* Krista Musser, CTRS  
—Life Enrichment/Wellness Director

Recently, Waterford residents had the pleasure of having special visitors. Carol Dawley-Everetts, daughter of resident Freda Dawley, comes to visit her mother often with her golden retriever, Dizney, who is a trained therapy dog.

At this visit, Carol thought it would be fun to bring Dizney's friends and their trainers. Dizney was accompanied by his eight friends: three Rhodesian ridgebacks, a Cavalier, a Great Dane, a poodle, a German shepherd, and a Shihtzu. Dizney pranced into Waterford that day quite proud of all his friends!

Pet therapy is a favorite among residents, staff, and families. Not only does it have proven health benefits, such as lowering blood pressure, but it has emotional benefits, as well. After one stroke of the soft coat, thoughts of current ailments are replaced by memories of favorite pets from the past. Along with bimonthly visits from the Humane Society and Dizney's frequent visits, Waterford's Memory Care neighborhood is home to Kitty, the cat, and Sidney, the beagle.



Dizney (golden retriever) and friends during their recent visit to Waterford.

## July highlights



D'Mae Hong shared her wedding dress, stories, and photos with other residents during an afternoon chat.



Residents enjoy a barbecue in the courtyard.



Residents always like to spend time in Waterford's gardens. Here, Virginia DeJean tills the soil.



Harriett Eastwold (left) and Gertrude Swift look at the items given at the recent Give & Get. All unclaimed items were donated to a local charity.



Frances Wagner (left) and Nina Baney dressed in denim for the Western Birthday Night.

## Upcoming events

**Wednesday, July 4, 11:30 am**—Fourth of July Picnic.

**Monday, July 9, 8 am to noon**—Mammography & Osteoporosis Screening.

**Tuesday, July 10, 7:30 pm**—Municipal Band Concert.

**Monday, July 23, 6:30 pm**—Canaries baseball game.

### 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 July is a poem featuring patriotism and community service.*

## Fourth of July to remember

*by* Dorothy Golden  
—Resident

Ninety years ago, my mother was expected to give birth. She insisted on having a doctor and a nurse present when she delivered. My parents lived on a farm near Vermillion, South Dakota. So when it was time, my father had to drive to town to pick up the doctor, as he didn't have a car. There was a problem though ... it was the Fourth of July, and the



**Dorothy (wearing hat) and her daughters, Ruth and Dorothy Ann, ride through the Fourth of July parade at the Sioux Falls' Sesquicentennial in 2006.**

road into town was blocked by the race. After my father broke up the race, he finally made it to town to pick up the doctor. A couple hours later, I was born.

Because of this, the Fourth of July has always been special to me. My father and mother always saw to it that we went to a big Fourth of July celebration at a nearby town. We never took in the fireworks, though, because my father did not like driving in the dark. I was never too disappointed, as I never really liked fireworks anyway!

Sioux Falls celebrated its Sesquicentennial in 2006. As part of the celebration, they held a parade downtown, and they were in need of a grand marshall. After a suggestion and a little nudge, they talked me into it. It was indeed a Fourth of July to remember!

*For August, please submit a recipe with a story. Deadline for this issue is July 10. For a list of the guidelines, monthly themes, and deadlines, please contact Life Enrichment/Wellness Director Krista Musser.*

