



A Touchmark® community  
Est. 1980



## Celebrating summertime



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

“There’s a time in each year that we always hold dear, good old summertime.” This age-old classic is a song that plays in my head as I think about South Dakota summers. The good old summertime is finally here.

I often joke that the reason we all choose to live in the great state of South Dakota is for the three perfect days we have each year. One needs to live in the state for the entire year to avoid missing the three perfect days.

I am hoping that we will have a perfect day Sunday, August 5 for our annual resident and staff picnic and barbecue. This is a great time for residents and staff to invite their families and show off their children, grandchildren, or great-grandchildren.

The day is full of fun, games, entertainment, and, of course, great food. Please mark your calendar to join us Sunday, August 5 from 11:30 am to 2:30 pm on the east lawn.

## Leisure—it’s more than a commodity

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

The marketing and providing of leisure services have grown to a multimillion-dollar industry, designed for the most part to capture what individuals consider their “disposable” income. To that end, the wheels of industry churn 24/7 to grab the consumer and his/her dollars before another provider of “fun and fulfillment” moves ahead in the queue. An outcome of this frenetic competition is that our

**“Leisure is a form of silence,  
not noiselessness. It is the  
silence of contemplation such as oc-  
curs when we let our minds  
rest on a rosebud, a child at play,  
a Divine mystery, or a waterfall.”**

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—*Bishop Fulton A. Sheen*

mailboxes, newspapers, magazines, telephones, computers, and TV screens are filled with ads and invitations to find a better quality of life through spending our time, money, and passion on leisure products.

The list of the current top 10 most-viewed leisure companies on [www.hoovers.com](http://www.hoovers.com) ranges from the McDonald’s Corporation at the number one spot to Playboy Enterprises, Inc. coming in tenth, with Starbucks, Walt Disney, and a

few other well-known entities in between. What this says to me is that as a culture we link leisure primarily to eating (especially if it is fast food) and entertainment—participatory or not. Realizing that there is pleasure in time spent in both of those categories, it is interesting that the list doesn't reflect one representative of the contemplation Sheen mentions in his numerous writings and reflections on leisure.

As I interview adults over the age of 50, I find a fair number who engage in activities, events, and even causes that aren't on the list but that provide enormous pleasure and satisfaction. Some of these are referred to in Sheen's quote, and many others I observe in the Touchmark communities I visit: gardeners, artists, readers, poets, knitters, quilters, crafters, dancers, musicians, woodworkers, storytellers, mentors to young children and adults, travelers, cooks, and writers—a vast array of talent and engagement as individual as each person I meet.

At Waterford, the Life Enrichment/Wellness program focuses on bringing people together for activities and events that provide pleasure and fun. However, the individual need for personal engagement and contemplative leisure is an equally important emphasis of the program. Residents, family, and staff are encouraged to talk to Life Enrichment/Wellness Director Krista Musser about how they define leisure—both individually and collectively.

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## Donation of quilts changes lives

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

Residents who participate in the Quilting with Illa class and the Knit Wits knitting group decided to donate a quilt and afghan last spring.

They chose to make their donation to Longfellow Elementary, which would in turn, give the quilts to a family in need. I would like to share with you a letter I received last week from the recipient of the afghan.

The person wrote, “[My grandchildren] have had incredibly difficult lives, and sometimes I get kind of overwhelmed by that. Your gift to them of a very beautiful afghan made me smile; especially the other day when ... I found one of

[them] wrapped up in the afghan. I'm grateful to you for your thoughtfulness.”

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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 August is a recipe with a story.*

## Sweet Potato Casserole

*by* **Norma DeGroot**  
—Resident

I was at Elderhostel five years ago in Alabama. They served this dish several times throughout our stay, and everyone enjoyed it so much. By the time we were ready to go home, they had the recipe for all of us to take home. I took it and shared it with Food Services Manager Randy Austin, and it is now a fall favorite on the menu at Waterford.

Mix the following ingredients and put into a baking dish:

- 4 cups mashed sweet potatoes
- 3/4 cup milk
- 3/4 cup sugar
- 1 1/2 tsp. vanilla flavoring
- 3/4 cup butter or margarine

Topping:

- 1 1/2 cup brown sugar
- 1/2 cup flour
- 2/3 cup butter or margarine
- 1 1/2 cup chopped pecans

Mix first three topping ingredients, spread on top of sweet potato mixture, and top with pecans.

Bake in a preheated-350-degrees oven for 35 minutes.

*For September, please submit a book review of your favorite book. Deadline for this issue is August 10. For a list of the guidelines, monthly themes, and deadlines, please contact Life Enrichment/Wellness Director Krista Musser.*

## August highlights



The Waterford walking club enjoyed an outing to The Redlin Art Center in Watertown, South Dakota. Pictured from left: Marge Warrington, Life Enrichment/Wellness Assistant Vicki Bruse, Norma DeGroot, Illa Rott, and Doris DeGroot.



The Sioux Falls Municipal Band recently performed at Waterford.



Waterford residents recently visited the Great Plains Zoo. LeRoy Larson gets a closer look at a turtle.



The Kansas City Youth Choir performs in the chapel.

## Upcoming events

**Sunday, August 5, 11:30 am to 2:30 pm**—Waterford resident and staff family picnic.

**Tuesday, August 14, 11 am**—Pontoon ride down the Sioux River.

**Monday, August 20, 8 am**—Sculpture walk in downtown Sioux Falls.

**Friday, August 24, 3 pm**—Dog show.

## Family thanks Waterford

*The Berdahl Family sent the following letter, expressing appreciation for Waterford's exceptional service.*

“Esther Berdahl’s family thanks you so very much for your friendship, love, and support over the past 10 years. Your home was our second home, and we enjoyed all of you.

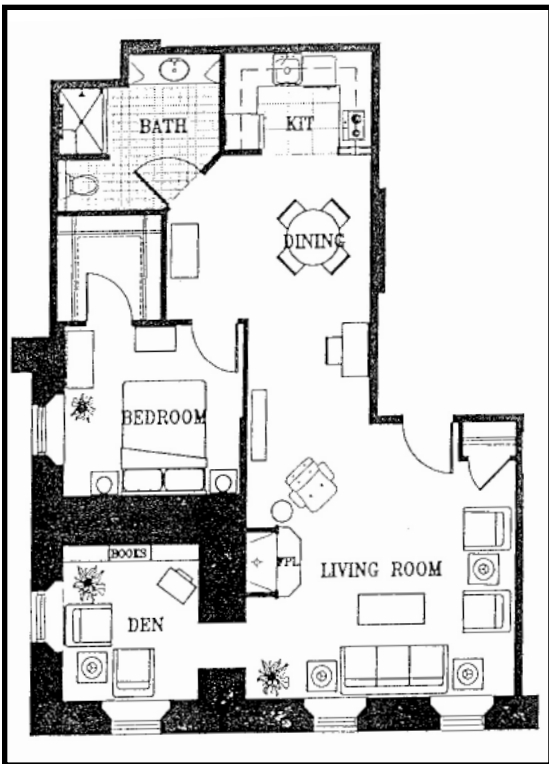
“Living at Waterford was the very best for our parents. We especially appreciated the care given to mother during the past 10 months. ... Warmest wishes for continued health, happiness, and well-being.”

## Historical home now available

Enjoy living in this beautiful home in Waterford’s Chapelwood. The oversized windows allow the home to fill with natural light and offer a great view. The home has high ceilings, a gas fireplace, and full kitchen.

Take advantage of 806 square feet of living space, weekly housekeeping, restaurant-style dining, 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.



**Tour this one-bedroom home today.  
Call 605-335-1117 for more information.**

