



A Touchmark® community
Est. 1980



Celebrate All Saints Day with Waterford



Message from
Angie Rabon
—Executive Director

As October begins, I start thinking about the “spooky” holiday of Halloween at the end of the month. Many have memories of taking children trick-or-treating or perhaps of your time dressing up as a goblin or ghost. The holiday originates from All Hollows Eve, which has now been shortened to Halloween. This would be the evening before All Hollows Day, also known as All Saints Day. All Saints Day holds much significance for us at Waterford at All Saints.

All Saints Day was the day Bishop William Hobart Hare was given the commission to direct the building of the Episcopal school and chapel on our campus, known at that time as the All Saints School. The school was open from 1884 to 1983. Many within the Sioux Falls community have wonderful stories to share about their time spent at All Saints School, either as a student, teacher, or resident in the All Saints neighborhood.

This year, in recognition of all those special memories, we are pleased to announce an All Saints Reunion and Open House. This event will be held from 2 to 4 pm Thursday, November 1, which is All Saints Day. We will

have speakers who will be sharing their memories from the time they spent at All Saints School. Picture boards and other mementos will be on display along with tours of our historical buildings that have been restored and are part of our community. Please mark your calendar today and join in the fun and memories!



Ideal dining experience—a blend of many ingredients

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

It has been a long time since North Americans were dependent on the fall harvest for provisions through the long winter months. Today, almost all food is available—for a price—during any season of the year. We have the convenience of 24-hour supermarkets and store-to-door delivery options. Increasingly, there is a growing emphasis on and availability of organically grown foods. Furthermore, we now know about “superfoods,” such as blueberries, broccoli, salmon, and spinach that provide even more nutrients per serving than the traditional food pyramid recommendations.

Yet, we continue to have an obesity epidemic.

Startling data on the numbers of people in all age groups who are “morbidly obese” have spurred ever-growing numbers of ads for invasive surgeries and other high-risk interventions to try and control weight and reduce the risk of diabetes, kidney failure, high blood pressure, cancer, and other health risks associated with excessive body weight.

Once again, advertisers are promoting reactive health care rather than proactive prevention.

In an effort to get things back to a more common-sense approach, the World Health Organization, Health Canada, and the American Dietetic Association are working together to support food-based dietary guidelines that make sense to people and take into consideration cultural, social, and personal preferences. Eating is and always has been a celebratory event for those who have access to food. The dining experience is a combination of environment, stimulation of the senses, companionable diners, and dedicated time to enjoy food. Good choices, the right balance of food selections, serving sizes, and total caloric consumption also need to be taken into consideration.

Waterford supports healthful eating with menus based on the latest nutritional guidelines available for adults over 50. Just as important is the emphasis on the social elements and ambiance of the dining experience. We welcome suggestions about educational offerings on nutrition, Life Enrichment/Wellness events with food and beverages, and the social experience of dining. To share your ideas, please contact Life Enrichment/Wellness Director Krista Musser. Good food, good health, good company, and good conversation are the goals of the Waterford dining experience.

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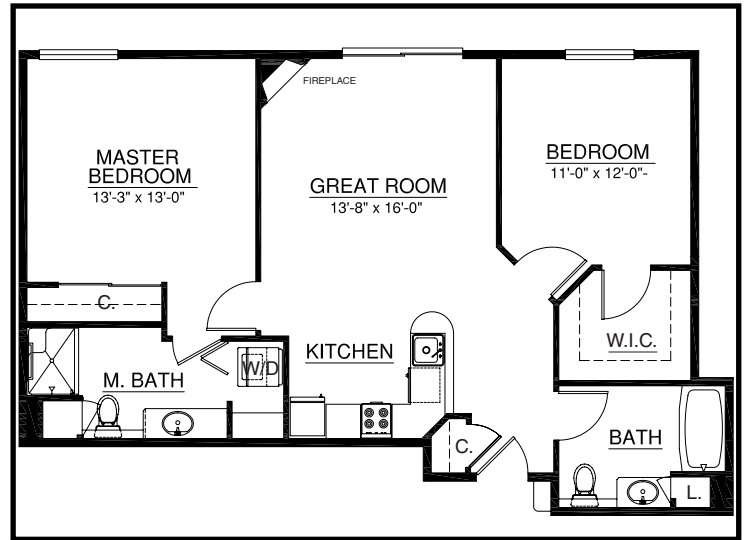
Take advantage of amenities and services

A recent study by the U.S. Bureau of Labor Statistics found that older adults spend anywhere from 1.9 to 4.5 hours a day on household work, depending on age and employment. At the minimum of two hours per day, a person could spend approximately 14 hours per week on housework. Are you spending time on housework instead of enjoying activities and people?

Take advantage of amenities and services at Waterford and discover more time for the people and activities you love. Let Waterford staff care for your home. Spend time savoring your meal instead of cooking and cleaning. Take advantage of a dynamic Life Enrichment/Wellness program, scheduled transportation, and housekeeping.

Waterford is highlighting this lovely two-bedroom, two-bathroom home, which includes 968 square feet of living space, an outdoor patio that leads to a rooftop garden

pavilion, a fireplace, and a large master bedroom. The home comes with a washer and dryer, extra storage space, a full kitchen, and a great view. Call Jennifer Schultz or Kelly Woldt today at 605-335-1117 to learn more about Waterford and to tour this home.



Join Waterford for a Home Feature Reception, which will showcase home 121 (pictured), on Thursday, October 11 from 2 to 4 pm.

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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 October is a poem about harvest/life wisdom.

Autumn Quilt

by **Helen Buttemeier**
—Certified Nursing Assistant

Autumn days are crisp and cool
Moon and stars, a far away jewel.
The mountains will soon have a white snowcap.
We will all settle in for a long winter's nap.
Mother Nature spins and weaves, so bold!
A quilt of leaves, red, yellow, and gold.

For November, please submit a story and photo that conveys giving/sharing. Deadline for this issue is October 12. For a list of the guidelines, monthly themes, and deadlines, please contact Life Enrichment/Wellness Director Krista Musser.

Happy birthday!

by Krista Musser

—Life Enrichment/Wellness Director

Three amazing residents will be turning 100 this fall. They are an inspiration to us all!

Anna G. Spilde was born October 11, 1907 in Clark County, South Dakota. She and her husband had three children, five grandchildren, one great-grandchild and one



Anna at her home.

Esther Frier was born October 21, 1907. She has five stepchildren and many close nieces and nephews. Esther is an avid user of the Desktop Video Magnification System, which was installed at Waterford earlier this year. With the Magnification System, she enjoys reading her daily devotions and letters from her family. Esther also likes listening to books on tape and watching television. Esther offered a few pieces of advice for people who want to live a long and rewarding life: “Always believe that you can do as well or better than the next person. Never let problems get you down. Be happy, cheerful, and thankful for all your blessings.”

great-great-grandchild. Anna loved playing the piano and organ and enjoys completing jigsaw puzzles. Her favorite foods are pumpkin pie and cream puffs. Anna attributes her longevity to having a strong faith and her good genes. Anna’s advice to others is, “Think positive, work hard, and use your common sense.”



Esther reads the daily newspaper.

Mildred Arnold was born November 16, 1907 in Aurora, South Dakota. She has one daughter and three grandchildren. Mildred enjoys sewing and knitting. Her favorite indulgence is ice cream. Mildred’s advice to others, “Enjoy every minute of it.” She attributes her longevity to taking

good care of herself and how her parents raised her.



Mildred takes the time to relax.

Stay healthy—avoid the flu

by Nona Phelps, RN

—Touchmark Nurse Consultant

When it comes to avoiding the flu, information is key to staying healthy. Here’s what you should know:

The facts about flu

The flu is caused by influenza viruses and differs from the common cold and the stomach flu, as it comes on suddenly with more dramatic symptoms. The flu (also known as influenza) results in a mild to severe illness and even can lead to death. Symptoms include fever, headache, dry cough, sore throat, runny or stuffy nose, muscle aches, nausea, and vomiting.

When a sick person coughs or sneezes, droplets carrying the influenza virus are dispersed into the air, infecting other people. It also is possible to pick up the flu by touching a contaminated surface and then touching the eyes or nose.

People are able to spread the flu one day before symptoms appear and five days after becoming ill—making it possible for people to spread the virus before realizing they are sick.

Stay healthy

The best way to prevent the flu is by getting a flu vaccination each year—especially those who are at high risk for serious flu complications and those who live with or care for these people.

There are two types of vaccines:

- The flu shot—an inactivated vaccine (containing killed virus) that is given with a needle.
- The nasal-spray flu vaccine—a vaccine made with live,

weakened flu viruses that do not cause the flu.

About two weeks after vaccination, antibodies develop that protect against infection.

Good health habits can help reduce the likelihood of getting the flu. Avoid close contact with those who have the flu, stay home when sick, cover nose and mouth, wash hands, and avoid touching eyes, nose, or mouth.

If you have questions about whether you should get a flu vaccine, consult your health care provider. Many health care plans pay for flu vaccinations. Contact your health care representative for more details. For a three-page handout with more information, visit Touchmark.com.

Nona used information from the Centers for Disease Control and Public Health Agency of Canada to develop this article.

Can people control their moods?

“What would you pay or do to be happy?” asks Marge Coalman, EdD, in the lead to her article just published in *The Journal on Active Aging* (Vol. 6, No. 4). The article—“Positive psychology: a new way to support wellness in older adults?”—cites current research that suggests many individuals have the ability to change a negative outlook to a positive perspective.

Marge provides an overview of “happiness exercises” that have been used by researchers as well as a table of six virtues and 24 character strengths that play a role in one’s “whole-person wellness.”

An entire page is devoted to highlighting Touchmark’s Full Life Wellness & Life Enrichment Program. Subtitled “Incorporating positive psychology into an older-adult wellness program: the Touchmark example,” the page discusses Touchmark’s various components. “The Touchmark program is designed to assure residents connect and form relationships within their new ‘family of choice,’” points out Marge. “This connectivity is the key positive psychology element in the Full Life program.”

She adds, “Positive psychology interventions may offer a promising new way to improve the well-being of individuals.”

To read Marge’s article, visit Touchmark.com/community-involvement.htm.

Fall highlights



A presenter at the recent Waterford Dog Show instructs her dog, as residents watch.



Staff welcome a presenter to the dog show.



Ada May Yeager (left) and Vivian Wubben cut squares for a quilt.

Upcoming events

Thursday, October 4, 10:45 am—Book review with Candace Cameron.

Thursday, October 11, 2 to 4 pm—Waterford Home Feature Reception, which will showcase home 121.

Wednesday, October 17, 2:30 pm—*Healthy Eating through the Holidays*, presented by Melissa Fletcher.

