



A Touchmark® community
Est. 1980



Giving and sharing

by **Marge Coalman, EdD**

—Vice President of Wellness & Programs, Touchmark

Most people have sacrificed their own desires to help or support those in need. This was an international phenomenon following the tsunami in Indonesia and Katrina crisis in New Orleans. Churches, towns, nonprofit and for-profit organizations, groups, and individuals sent funds. Physicians and nurses left their communities to volunteer. The awareness of how fortunate most of us are to have a home, bed, electricity, food, and shelter rekindled our gratitude for the things we so often take for granted.

The experience of sharing takes on a more personal definition when the donation is time and talent that results in creating relationships. Hardworking, dedicated volunteers are the core of needed—sometimes invisible—services that make life work for millions of people with limited support from family, friends, or neighbors. These volunteers deliver meals to older adults isolated in their homes, visit schools weekly to read with a challenged learner, and serve meals regularly to people living in homeless shelters. Unlike writing a check, this kind of gift takes a consistent, personal commitment to prioritize the needs of others over our own.

“Sharing is sometimes more demanding than giving.”

—*Mary Catherine Bateson*

As we approach the season of giving with a heightened awareness of the vast needs around us, both local and

national, it is an ideal time to take a personal inventory of the talents, skills, knowledge, and love we can make available to others. Sharing on an ongoing basis is more demanding and challenging than the one-time annual gift or the weekly donation to our place of worship.

Waterford offers many opportunities for residents, staff, and families to participate in volunteer programs and services within our community as well as with our neighbors and organizations. There are also opportunities for volunteers from the area to participate in programs and services planned and scheduled in the Life Enrichment/Wellness program. To become a volunteer, visit our Web site (Touchmark.com/volunteer-opportunity.htm) or give us a call to find out what opportunities are available that make a difference in the quality of life—for both the givers and receivers.

Upcoming events

Thursday, November 1, 2 to 4 pm—All Saints Day Open House and Art Bazaar.

Thursday, November 8, 6:30 pm—Candlelighting Ceremony.

Tuesday, November 13, 8 to 10 am—Memory screening.

Tuesday, November 13, 7 pm—Cello recital.

Monday, November 19, 3 to 6 pm—Purse & Jewelry Party.

Wednesday, November 21, 4 pm—Thanksgiving chapel service.

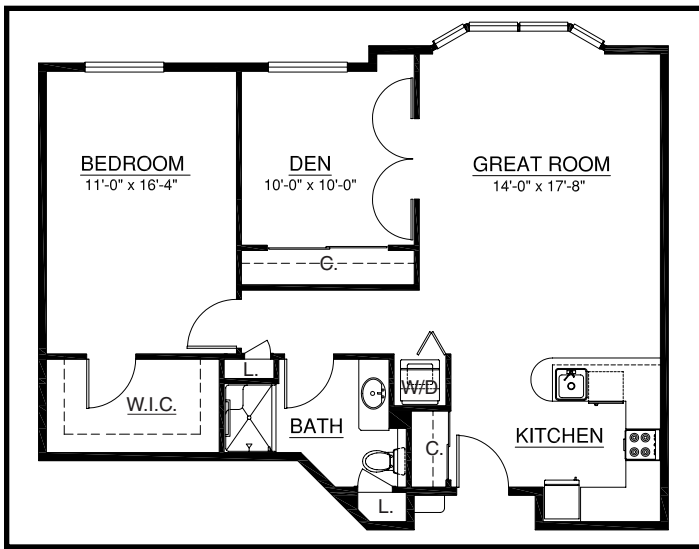
Celebrate the holiday season in your new home

Call today to tour this lovely one-bedroom home, which is located on the first floor, includes 916 square feet of living space, and has a sunny southern exposure.

Enjoy new carpet, fresh paint, and new countertops. This home has a large master bedroom with a walk-in closet.

Take advantage of weekly housekeeping, fine dining, a fitness center, access to many social events, and other amenities.

Call Kelly Woldt or Jennifer Schultz today at 605-335-1116 to schedule your visit.



Call about this home today.

Help raise awareness of Alzheimer's disease

by Krista Musser
—Life Enrichment/Wellness Director

November is National Alzheimer's Disease Awareness Month, and the Waterford community has been hard at work to educate others about the disease, honor and remember those who have the disease, and raise awareness.

Alzheimer's disease is an irreversible disorder of the brain, caused by the death of nerve cells. It robs individuals of memory and eventually overall mental and physical function. Please remember that memory loss is not a normal

part of the aging process.

On the move

The All Saints team was on the move in September as several staff members, residents, and family members bundled up for the 2007 Memory Walk®, which raises money for the National Alzheimer's Association. The temperature was a cool 50 degrees, but the morale was high as we were on a mission to support a favorite cause.

Our team raised \$1,119 this past year through the donations of family members and residents and "Casual for Cause," a summer fund-raiser where staff members were able to wear jeans on Fridays by making a \$2 donation.

Join us!

During November, Waterford will be offering several special events to increase awareness of Alzheimer's disease and other related dementias.

We will start our 2008 Memory Walk® fund-raising in November by offering a handmade quilt at our All Saints Day Reunion and Open House on **November 1** from 2 to 4 pm. This quilt was made by resident Illa Rott and other residents.

A candlelighting ceremony will be held **November 8** at 6:30 pm to remember and honor those affected by Alzheimer's disease and other related dementias. Please share in this special event and light a candle of remembrance for someone you know.

We also will have a jewelry and purse party **November 19**



Waterford staff, residents, and friends recently participated in the 2007 Memory Walk®.

from 3 to 6 pm. A portion of the proceeds will be donated to the Alzheimer's Association.

Participate in a no-change memory screening

One of the first steps toward finding out if you or a loved one has Alzheimer's disease is to have a memory screening. These screenings can test your memory, language skills, and thinking ability. Waterford is offering no-change memory-screening sessions **November 13** from 9 to 11 am in the wellness center.

For more information about these events, contact Memory Care Manager Wendy Schrag, LPN, at 605-335-1117.

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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 November is a story (and photo) that conveys giving/sharing.

How can I be so lucky?

by **Bev Greenfield**
—Resident

This thought often crosses my mind, as I sit here listening to beautiful classical music and viewing my lovely home in Waterford at All Saints.

I am thankful that I have had the privilege of living here for four years. I have made many new friends. It's as though we are one big happy family. God has been good to me, and I



For Bev Greenfield (far right), friendship is a special blessing. She's pictured with her friends Helen Larsen (center) and Marion Emanuel.

appreciate how fortunate I have been. Thank you, God. God bless, and don't forget to count your blessings.

For December, please submit a poem and/or photo feature highlighting "celebrating life." Deadline for this issue is November 10. For a list of the guidelines, monthly themes, and deadlines, please contact Life Enrichment/Wellness Director Krista Musser.

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Fall highlights



Residents enjoy the SculptureWalk through downtown Sioux Falls. From left: Vivian Wubben, Marion Emanuel, Bev Greenfield, Norma DeGroot, and Illa Rott.



Residents listen to marching bands participate in the Festival of Bands.



Honoring veterans

Waterford wishes to honor and thank veterans for everything they have done for our country. Representing all ranks and branches of service, we salutes these Waterford veterans:

Ada May Yeager

Arnold Connelly

Bill Struck

Bob Swift

Clayton Scott

Curt Anderson

Don Poss

Ed Eastwold

Edgar Resel

Elroy Polsfuss

Fred Farber

George Farmer

Howard Hanson

James Fenner

Jerome Blank

Justin Berger

Ken Helgesen

LeRoy Larson

Maynard Larsen

Mickey Billion

Ray Swift

Robert Morgan

Steve Everist

Virginia DeJean

