

The mind-body connection affirmed

“When we first started presenting our findings, people laughed at us. Mainstream scientists, who have a tendency to look at anything new as kooky alternative medicine, wondered why we couldn’t just stick with traditional research.”

—Neurobiologist David Felten, Rochester Review

Award-winning researcher David Felten just set out to prove that our grandmothers were right. “Our grandmothers knew all along that our minds and bodies were connected, even if the scientific community didn’t. We’ve simply provided irrefutable data showing that it is true.”

Felten’s field of study is Psychoneuroimmunology (mercifully shortened to PNI) research.

Eighteen years ago, he and his team discovered for the first time the evidence of a hard-wired con-

nection between the body’s immune system and the central nervous system of the brain. From then until now the research has grown and received scientific and mainstream acclaim as the pursuit to strengthen the body’s resistance to illness and disease continues.

What does this mean to the average person? It means that purposeful exercise, nutrition, and lifestyle choices can help mitigate the chronic stress so abundant in our 24-hour world, which causes immune system dysfunction and increases susceptibility to illness and infection. The prescription from the American Academy of Family physicians is not to ‘just participate’ in aerobic, strength training, flexibility and balance regimens with the right frequency (at least 30 minutes most days of the week) but to participate with our *whole body*, including our mind and spirit.

Exercise—like dining—should be a celebration of the spirit that leads to increased energy, optimal body weight, and improved sleep and rest cycles. Instead of taking a pill, a dose of mind-body movement is recommended.

At Waterford, our focus for January is *Experience Wellness*. The staff are participating in a total team effort to encourage one another and residents to be partners in wellness



in choosing the Life Enrichment/Wellness offerings that will help support these goals.

To obtain assistance and guidance for your personal wellness program contact a member of the Life Enrichment/Wellness team. ■

Residents showcase fashion

Residents and staff wear stylish jackets, sweaters, and classic pants and skirts from Coldwater Creek. The group modeled the warm winter trends at the recent Holiday Tea & Style Show.



(cont.)



Frances Wagner models her Coldwater Creek outfit at the recent Holiday Tea & Style Show.

Fitness—a way of life at Waterford

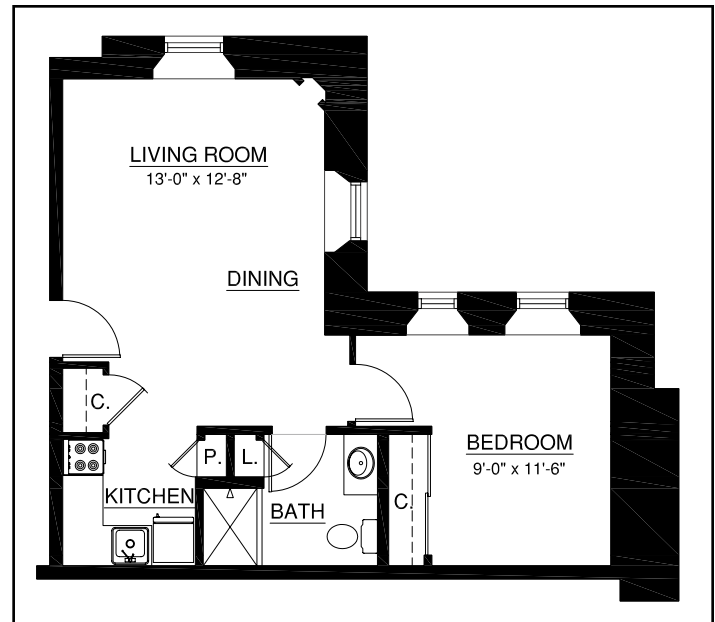
Ask a fitness expert about the benefits of exercise, and you'll receive a plethora of information confirming that fitness equals enhanced well-being. You can strengthen your heart and other muscles. You can improve your balance and maintain a healthy weight. What's more, you can socialize with friends while working out.

Waterford's Life Enrichment/Wellness program offers classes to enrich people's life, including a new Posture and Balance class being introduced during the first quarter of 2008. Staff can work with individuals to create a personalized fitness program. Part of an initial assessment includes use of a new Web-based tool approved by numerous professional organizations, including the American College of Sports Medicine, Centers for Disease Control and Prevention, National Council on Aging, and The Canadian Centre for Activity and Aging.

The Easy Exercise and Screening for You tool (www.easyforyou.info/index.asp) can help people decide if they're ready to start an exercise program or should first consult with their health care provider.

To learn more about the many Waterford services and amenities, visit or call today.

Tour this one-bedroom, one-bathroom home, located in the historical Chapelwood. Oversized windows allow natural light to fill the home, which includes 512 square feet of living space, high ceilings, a fireplace, and a full kitchen. ■



Call Jennifer or Kelly today to learn more about this newly available historical home.

Destination ... Discovery



Marge Coalman, EdD

Vice President of Wellness & Programs,
Touchmark

This year, all Touchmark communities will focus on Destination ... Discovery. It sounds terrific, but what does it mean? For all of the dedicated staff, it means a renewal of our efforts to help every resident find that unique experience, opportunity, or challenge that will lead to new learning, meaningful relationships, and enhanced satisfaction.

Previously in this column, I've referred to the interviews I conduct in my travels to Touchmark communities. I ask residents what the most important (cont.)

(cont.) elements of their lifestyle are since moving into the community. The answers vary, but here are two common comments.

“I didn’t realize how lonely and isolated I had become until I moved in and started participating in the activities and events. I made new friends and found others that I had known over the years but lost track of.” This particular conversation highlighted one of the most important and concerning aspects of living alone in our older years. Although active, this person recounted the challenge of keeping social contacts and dining with friends as being more and more challenging as skills in driving declined. With family members in other states, the opportunity for special connections was limited. Now, this person’s days are highlighted by friends, event choices, transportation to shopping and other opportunities, along with private moments in the apartment home.

“If I can keep discovering things in my old age, I think you go on forever ... and I am discovering new things all the time.”

—Ann Davlin, dancer at 93 years of age

“There are so many things to do all the time; it’s hard to choose one.” It is hard to make choices when there are many things competing for our time and participation. The Life Enrichment/Wellness program is developed recognizing that there is a lot of diversity in interests as well as preferences in times, days, and locations.

A great deal of planning, time, and consideration are spent developing Waterford’s various events and offerings. To support your development of new “destinations of discovery,” contact a member of the Life Enrichment/Wellness team. May 2008 bring you good health and much happiness. ■

A winter stay ...

Are you concerned about someone staying at home during the winter months? This is the perfect time of year to try out retirement living and experience Waterford at All Saints.

Waterford offers short-term stays for one, two, and three months—or longer. Enjoy all the comforts of home without the work and worry. Leave the snow shoveling, winter driving, cooking, laundry, and housecleaning to the Waterford staff. Waterford has comfortable, cozy apartment homes available. Call 605-335-1117 today for more information and ask about our winter special. ■

Coming Events

Friday, Jan. 11, 2:30 pm

Jazz 101 by Wendol. Second-floor Family Room.

Monday, Jan. 21, 8:30 am

Walking Club Outing. Western Mall.

Tuesday, Jan. 22, 3 pm

Pain Management, presented by David Nelson, MD. Chapel.

Recent activity



Wynona Brown (from left), Virginia DeJean, and Marie Eide work on a quilt for baby Teegan.