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# Have a (healthy) heart

For years, the American Heart Association has designated February as American Heart Month—a time to raise people’s awareness about how to maintain a healthy heart and avoid heart disease and stroke. Additionally, Feb. 1 is Women’s Heart Health Day. On this day, women around the country wear red to raise awareness of heart disease, which is the number one killer of women.

Waterford supports heart health year round by providing residents many opportunities to keep fit:

Yoga is held twice a week and is led by certified yoga instructors Jill Johnson and Bev Austin. Jill recently obtained specialized training to teach yoga to people with cardiac/stroke concerns.

Strength & Balance meets twice a week and is taught by Joni Anderson, exercise specialist at Avera McKennan Fitness Center.



Alice Doscher takes part in a fitness class offered at Waterford.

Stepping Out Walking Club members track the miles they walk and receive incentives. The group meets weekly for helpful walking tips, motivation, and mutual support. Members schedule an outing once each month and have gone on several day trips.

Heart Smart meets four times a week and provides an opportunity for residents to receive assistance using Waterford’s cardiovascular machines.

Life Enrichment/Wellness Director Krista Musser can provide information about other healthy options at Waterford. She can be reached at 605-335-1117 or [KRM@Touchmark.com](mailto:KRM@Touchmark.com). ■

## It is never too late



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

Cause and effect is a basic principle in writing compositions. In an analysis of heart-healthy practices, the application of the cause-and-effect principle is also a good guide. If we eat more calories than we burn in

our 24-hour day, the result is caloric overload, which results in increased body weight. It can be temporary or more permanent, depending on whether this is a consistent practice or a once-in-awhile behavior.

The same principle applies to a fitness regimen. The daily pursuit of cardiovascular exercise with bi-weekly doses of strength training has a positive effect on maintaining an optimal weight, providing the energy needed throughout the day, and supporting the body’s (cont.)

“When measures to combat chronic disease are started in one’s 60s and 70s, there are still definite benefits.”

—Richard S. Rivlin, MD, professor of Medicine, Weill Medical College of Cornell University

(cont.) ability to benefit from the rest and sleep cycle. Exercising only occasionally has a detrimental effect on the overall well-being of the human body.

Although good diet choices are not ranked higher than physical activity in the health equation endorsed by international health organizations, there is compelling evidence that the absence of either one will not result in the same benefits that combining these two positive lifestyle practices can provide. Exercisers can and do end up with coronary heart disease if they don't practice good heart-healthy dietary choices. Conversely, an excellent heart-healthy diet will not contribute enough benefit to overcome the cumulative effects of inactivity.

The other important fact to remember is that it is never too late to begin a lifestyle that includes good diet and physical activity choices. Researchers have documented in studies reviewed by the Weill Cornell Medical Center ([www.sciencedaily.com/releases/2007/12/071213152540.htm](http://www.sciencedaily.com/releases/2007/12/071213152540.htm)) that lifestyle changes make a difference at any age and can even affect the negative outcomes from years of poor choices.

At Waterford, the Life Enrichment/Wellness and Dining Services programs support the efforts of residents and staff to seek a healthy balance of good nutrition and physical fitness. To find out more about healthy lifestyle choices contact Director of Life Enrichment/Wellness Krista Musser. ■

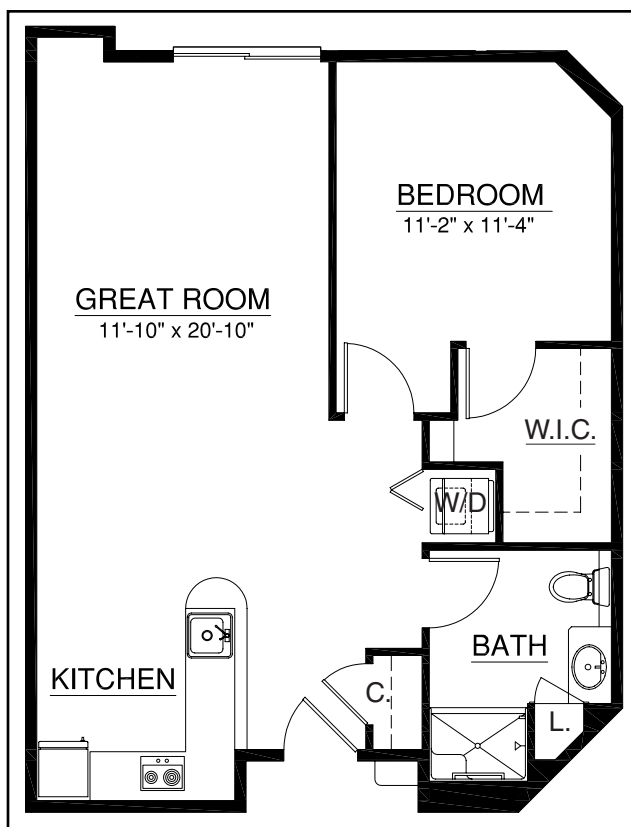
## Why move to a retirement community?

In a study conducted by The Center for Mature Consumer Studies at Georgia State University, researchers found that the number one reason people move to a retirement community is "to have more social contacts and activities." Specifically, more than 58 percent of people 55 years and older listed this as the number one reason, and in some groups, the percentage was as high as 77 percent.

"People long for social connections, and the lifestyle at Waterford reverberates with opportunities to enrich one's life through purposeful, engaging activities and hobbies," says Touchmark Vice President of Wellness & Programs Marge Coleman, EdD.

Social connectedness is a major component of the Waterford Life Enrichment/Wellness program. People can enjoy the company of friendly neighbors at winetasting events, book club meetings, presentations, and outings. They can participate in volunteer projects, stay active with fitness classes, and take advantage of the many events that nurture the spirit, body, and mind.

If you're looking for an engaging retirement lifestyle that offers interesting social opportunities, call Jennifer Schultz, Kelly Woldt, or Brandon Burnette to learn more about Waterford's lifestyle and available homes. ■



**Waterford now has available a lovely first-floor apartment home that offers an outdoor patio on the Sunset Pavilion. The 716-square-foot home includes one bedroom and bathroom, a washer and dryer, extra closet space, and a gorgeous view. Call today to tour this home.**

## LET YOUR SPIRIT SOAR

*Writers, photographers, and poets live and work in Touchmark communities; some of their talent and creativity is featured in the newsletter.*

### Memories

By **Sharon Bates**, Resident

**LET ME TELL YOU ABOUT MY OLDEST SISTER, SYLVIA JEAN.** We lived on a farm near Aberdeen, South Dakota. Sylvia Jean (or Jeannie as we called her) was so very caring and compassionate and always had a Mona Lisa smile.

One stifling, hot summer day, I was stretched out on the porch swing, resting with my eyes closed



**Sharon Bates**

[and] trying to cool off from the heat inside the house, when Jeannie came out with a basin of cool well water and washcloth and gently washed my face as I pretended to be asleep. It was very refreshing, and she never knew until much later that I was awake the whole time!

*March's focus is the value of humor and optimism; the deadline is February 10.*

### Coming Events

**Thursday, Feb. 7, 9 am**

Men's Breakfast. Imperial Dining Room.

**Tuesday, Feb. 12, 2 to 4 pm**

Chocolate Extravaganza.

**Tuesday, Feb. 26, 1 pm**

Woodworking with Bob. Shop area.

**Mondays in February, 2:30 pm**

Bridge for Beginners. (Please contact Krista Musser, if interested.)

**Wednesdays in February, 1 pm**

Mah-jongg for Beginners. (Please contact Krista Musser, if interested.)

### Recent events



**Resident Elizabeth Balcer demonstrates how to make krumkaka.**



**Waterford residents recently celebrated the New Year.**