

# Meet the volunteers

“During April, people across the United States will celebrate National Volunteer Week, and we wanted to thank the Waterford volunteers for sharing their time and talents with us,” says Life Enrichment/Wellness Director Krista Musser. Volunteers—and their contributions—include:

- Carol Dawley brings her therapy dogs, Dizney and Dandy, once a month for a visit.
- Resident Illa Rott shares her talent of sewing with the Quilting with Illa group.
- Jan Nason does ceramics and painting projects with residents several times a year.
- Janet Enger provides people with complimentary manicures every Friday afternoon.
- Resident Jody Swenson leads Readings with Jody on Monday afternoons.
- Father Joyce, with more than 10 years of volunteer service, conducts Catholic Mass for residents every Thursday morning.
- Katie Schwebach, a youth volunteer, comes to spend one-on-one time with residents.
- Lyla Hillstrom plays the organ every Friday morning. When Lyla isn't able to come, she

always finds a substitute. “I know how much people look forward to this weekly activity,” says Lyla.

- Resident Patty Berger helps keep the library organized and leads the Knit Wits knitting group.
- Resident Vivian Wubben helps set up and assist with Arts & Crafts.
- Resident Wynona Brown reads poetry individually with other residents.

Are you interested in volunteering? Contact Krista to find out more about the volunteer opportunities at Waterford. ■



**Violet Henderson receives a complimentary manicure from Janet Enger.**



**Mavis Gourley (right) enjoys a visit with Carol Dawley and her two dogs, Dizney and Dandy. (cont.)**

*(cont.)*

Betty Mohlenhoff pets Dandy and Dandy.

## Changing lives—affecting communities



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

There is general consensus from researchers that older adults who consistently participate in activities with youth have very little awareness of the major contributions they are making to the culture of communities. That one-hour-per-week commitment helping an underachieving reader; teaching a child to knit or crochet; making and baking cookies, or tutoring the struggling math student may seem

like a small contribution in light of the many hours spent on other endeavors. But in the aggregate, the impact is enormous

**“The following principles have been put forward regarding the civic engagement movement in the second half of life: opportunities should reflect choice, not coercion; meaningful engagement, not exploitation; opportunity, not obligation; and the intergenerational benefit.”**

—Patrick Cullinane, MS

The intergenerational programs at Waterford encourage skill building, shared interests, adventure, and friendships. An obvious benefit is the relationships established among the residents and youth. Less obvious but nonetheless beneficial outcomes of intergenerational programming have been studied around the world by the Center for Intergenerational Learning at Temple University. They include improvements in:

- Academic achievement, school

behavior, and life skills of middle-school youth;

- Reading skills of young children;
- Attitudes of high school and college students toward community service and the elderly;
- Parenting skills;
- Caregiver stress;
- Well-being of older adults.

If you're interested in sharing your talents and changing a young person's life while making a genuine difference in communities, contact Waterford Life Enrichment/Wellness Director Krista Musser. You'll find opportunities both on our campus and in the broader community. Program offerings include one-to-one, small groups, and large sessions with children and youth of all ages. ■

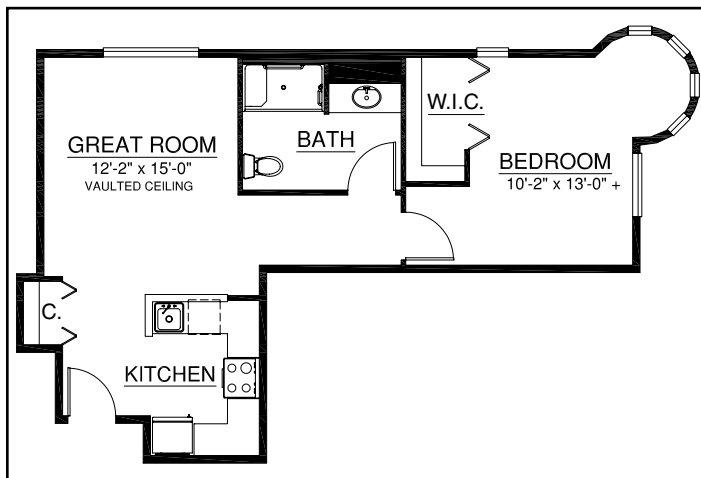
## A lifestyle with heart

For more than 30 years, the country has celebrated National Volunteer Week in April. For residents, staff, and friends of Waterford, volunteerism is celebrated throughout the year.

Waterford at All Saints welcomes volunteers and provides opportunities for people to assist with programs and services, such as resident committees, musical entertainment, social events, and more. People use their unique skills and rich *(cont.)*

(cont.) backgrounds to help create a vibrant community. Read the story on page one to learn more about the many available volunteer opportunities.

Call today to learn more about Waterford's active lifestyle and well-appointed homes. ■



Enjoy the comfort of home 338, which is located on the corner of the building and offers 703 square feet and a vaulted ceiling in the living room. Visit us today! Call 605-335-1117.

## Coming Events

**Thursday, April 3, 9 am**  
Men's Breakfast. Imperial Dining Room.

**Sunday, April 6, 4:15 pm**  
Outing to Skyforce basketball game. Sioux Falls Arena.

**Thursday, April 17, 2:30 pm**  
Dakota String Quartet Performance.  
Waterford Chapel.

## Gathering for gardening



Illa Rott transplants her jade plant during the indoor gardening group.



Virginia DeJean trims a spider plant.

## Recent events



Residents dressed in green to celebrate St. Patrick's Day. From left: Dorothy Ann Daugherty, Deb Williams, Alice Doscher, and Vivian Wubben.



Braxton Musser (left) and Porter Ihnen joined the hunt for Easter eggs.



During the recent Easter egg hunt, more than 50 people joined the Waterford community for this annual tradition. Waterford Facility Manager Bob Buller poses with his grandson, Keaton Harvey, who found the golden egg.