



A Touchmark® community
Est. 1980

Team member attends national training

During April, members of the Life Enrichment/Wellness teams from around North America gathered in Portland, Oregon, for yearly training. The theme for this year's training was *Destination . . . Discovery*.

“The Life Enrichment/Wellness professionals across the company are a talented and energetic team with a common purpose—to enrich people’s lives,” says Marge Coalman, EdD, Vice President of Wellness & Programs, Touchmark. “The annual gathering promotes

the exchange of new ideas.”

Waterford’s Life Enrichment/Wellness Director Krista Musser attended the two-and-a-half day training seminar, where she gathered practical information from speakers and made a presentation about the popular woodworking program at Waterford. Krista works with Waterford Facility Manager Bob Buller to bring residents fun woodworking projects, and at the training, she shared some of the wood creations. ■



From left: Resident LeRoy Larson, Facility Manager Bob Buller, resident Don Poss, and Life Enrichment/Wellness Director Krista Musser work on a string project during the Woodworking with Bob group. Krista shared details about this project in Portland.

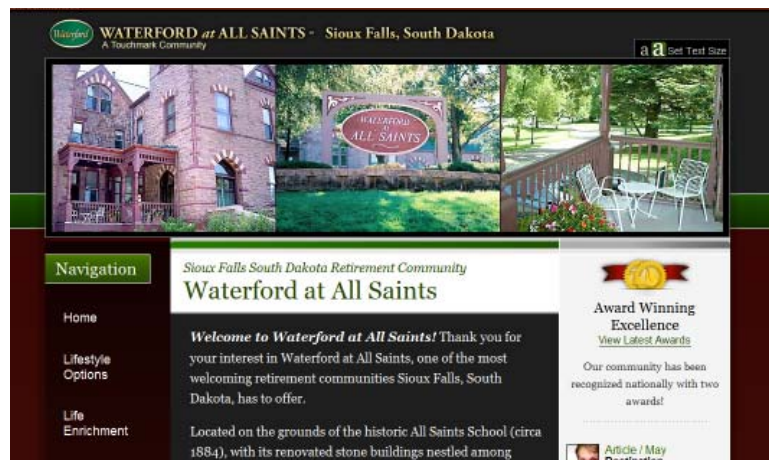


During her presentation at the national Life Enrichment/Wellness training, Krista Musser, Waterford Life Enrichment/Wellness director, shares a birdhouse that residents built during the woodworking class.

Waterford launches redesigned Web site

Check out Waterford’s updated Web site, WaterfordSiouxfalls.com. You’ll find:

- Life Enrichment/Wellness calendar
- Slide show of homes
- Seasonal e-cards to send to friends
- Options for text size



Destination Discovery— whole-person wellness



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

Mather LifeWays Institute on Aging, Dorsky Hodgson Parrish Yue, and Ziegler Capital Markets carried out the first National Whole-Person Wellness Survey. As outlined in the introduction, “This extensive Web-based survey sought to identify wellness program components in continuing care retirement communities by determining current and projected program features in six areas. These areas include programming, activities, space and campus design, and financing. In addition, respondents were asked to provide their perspective on the benefits of programs to their residents, staff, and organization.”

Their conclusion was that communities that have a deeply rooted culture of wellness share common characteristics:

- *“Wellness is fully integrated into the organization;*
- *Programming is comprehensive, including all six dimensions of wellness, and engages both residents and staff in the process;*
- *Benefits of the wellness program are extended to others (beyond the resident population).”*

“Senior living communities are increasingly focused on cultivating a culture of wellness for their residents, staff, and community—to improve quality of life and to avoid illness and reduce health care costs.”

—*The National Whole-Person Wellness Survey (2008)*

The respondents were grouped into three categories. About half (51 percent) were identified as “tenderfeet,” with almost no culture of wellness. Twenty-eight percent were labeled “travelers”—communities that are moving toward a culture of wellness. The third group was referred to as “trailblazers,” because they had most or all of the components.

For several years, Touchmark has embraced the six components of wellness, and in the last five years has established the Touchmark Full Life Wellness & Life Enrichment Program in all 11 of its communities operated in the US and Canada. I work with the executive directors and Life Enrichment/Wellness directors to implement and audit the program, and I can tell you with tremendous pride that Touchmark communities are in the trailblazer category. In fact, we outdistance most competing providers in the organizational components related to wellness that were used in the survey.

The Touchmark program is dynamic and based entirely on the strengths, skills, and interests of residents. To learn more about the Touchmark Full Life Wellness & Life Enrichment Program, contact Life Enrichment/Wellness Director Krista Musser. ■

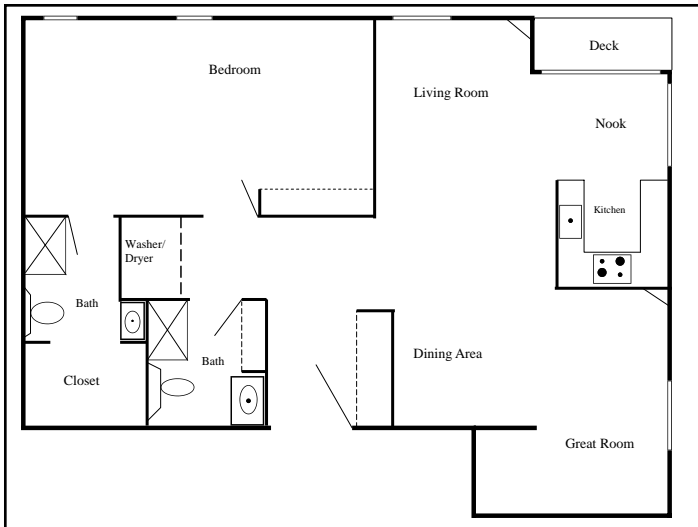
Experience quality design throughout

Waterford apartment homes include stylish design features that can add extra comfort and convenience. Many offer universal design features, like spacious bathrooms and easy-to-turn doorknobs.

“When constructing and designing homes, our goal is to meet the needs of people while adding style and comfort,” says Touchmark Vice President of Architecture Joseph Billig. “In all communities we aim to create homes that offer high-quality design features,” says Joseph.

If you’d like to see and experience a Waterford (*cont.*)

(cont.) home, call 605-335-1117 for your personal presentation. ■



Located on the corner of the building with windows facing north and east, home 400 offers 1,384 square feet with beautiful hardwood floors throughout. The home features a full kitchen, a breakfast nook, screened-in porch, a formal dining area, washer and dryer, tile countertops in the kitchen and bathrooms, and two fireplaces (one in the living room and the other in the den). The large master bedroom has a walk-in closet and a second closet for extra storage space. The home also offers a gorgeous view of the historic buildings on the Waterford campus.



Residents enjoy the recent birthday night celebration.



Frances Wagner (left) and Norma DeGroot look through items at the Spring Give & Get.

Recent events



Mavis Gourley (left) and Betty Mohlenhoff pose for a photo while attending the Shrine Circus.

Thinking spring—and summer

Marge Coalman, EdD

Vice President of Wellness & Programs, Touchmark

Finally, the hallmarks of spring are visible. Crocuses, daffodils, budding fruit trees, and longer daylight hours invite us outdoors. We know summer is right around the corner, and the desire to dig out those walking shoes and head out for a walk or hike (cont.)

(cont.) is strong. Resuming outdoor exercise is good for everyone. The benefits of sunshine and fresh air as well as the inspiration that comes from preferred sports and familiar trails are great ways to nurture one's body, mind, and spirit.

However, the commitment to a group-exercise class, strength-training regimen, and laps or aquatic classes in the pool is an important part of the formula for success when resuming or beginning outdoor adventures. The research community reminds us with the results of evidence-based studies every day that strength training and flexibility are important aspects of the equation to good health and functional fitness. Aerobic exercise alone—even with the well-known benefits of walking—will not provide the overall conditioning that prevents the onset of bone-thinning diseases, muscle loss (sarcopenia), and deconditioning.

Maintaining the discipline of a scheduled class, personal training session, or workout on strength-training equipment overcomes interruptions or demands life might impose.

As the days lengthen and the golf clubs, bike, and walking shoes beckon from the hall closet, make sure to keep your health club or exercise class regimen among your list of daily to-dos. The total health equation is a formula for success in all of the varied activities and adventures that lie ahead. ■

Learning about tea



Jane Newman from De Hoek Savoring Dutch Traditions discusses the history and benefits of tea. People learned that tea may help improve the cardiovascular system and boost metabolism.

Coming Events

Monday, May 26, 11:30 am
Memorial Day Picnic.

Saturday, May 31, 10:45 am

Outing to Royal River Casino. Enjoy playing the slots, trying a hand at blackjack, or stopping by the tasty buffet. The Waterford bus will leave at 11 am and will return around 3 pm.

Local music community connects with Waterford

Members of the South Dakota Symphony string quartet practice in Waterford's chapel during the symphony season. From October to May, the historic chapel, which features Tiffany stained-glass windows, rings with melodious sounds.

"More than a year ago, members of the string quartet approached me about practicing in the chapel," shares Life Enrichment/Wellness Director Krista Musser. "Their normal practice location was under construction, and they were looking for a place to rehearse."

Soon the group discovered that the chapel's architecture offered an ideal acoustical environment. "The quartet claims that besides the auditorium, where they hold their concerts, the Waterford chapel has the next best acoustics in town," says Krista. "They decided to continue rehearsing at Waterford. So in exchange for a place to practice, the quartet has invited residents to attend their practice sessions." ■



Members of the South Dakota Symphony string quartet practice in the Waterford chapel.

A special thanks!

"Thank you" to resident Hazel Wheeldon for leading a weekly beginners' bridge and beginners' mah-jongg group.

"Thank you" to residents Jean Lowary, Illa Rott, and Ellen Lang for making lap quilts for AseraCare Hospice. Ellen has donated endless yards of fabric for this project, as Jean does a lot of the quilting, and Illa does a considerable amount of machine work. ■