



A Touchmark® community
Est. 1980

Grow with us!

This June, Waterford is launching the Gardening Club. The program will run through August and give people an opportunity to plant and maintain flowers. “We’ve heard from several residents, many of whom have recently joined the community, that they enjoy gardening,” says Life Enrichment/Wellness Director Krista Musser. “This summer we are fortunate to have recreation therapy intern Allie Aasen, who will head up the Gardening Club.”

In addition to the sheer joy of growing and nurturing living things, gardening has been tied to various therapeutic benefits, including reduced stress, renewed energy, and improved socialization. If you’d like to join the Garden Club, talk with Krista. ■



Defining leisure



Marge Coalman, EdD
Vice President of
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Touchmark

It may be hard to realize the importance of leisure as one of the personal drivers that defines whole-person wellness for an individual,

“He enjoys true leisure who has time to improve his soul’s estate.”

—Henry David Thoreau, *journal entry*,
February 11, 1840

but the value of this key component is distinct. Both in the research and in the lives of people who are dedicating time and attention to the pursuit of their “personal” definition of leisure, there is a life satisfaction benefit that is unlike any other.

While people describe their individual pursuits of leisure differently, all events and interests hold one attribute in common. Comments collected from interviews with colleagues, friends, and others include:

- “Uninterrupted time to read a book/newspaper/magazine in the comfort of my favorite chair.”
- “Rising early to stand in the meadow and bird-watch with other devoted birders.”
- “Going on a cruise.”
- “Writing [my prose/poetry/

journal].”

- “Traveling to a destination that I have longed to see or revisit.”
- “Baking with my grandchildren and their friends.”

The one attribute in common? All of the responses reflect a personal journey to pleasure, memories, and fulfillment. These are the moments we all remember and revisit when the pressures and challenges of the normal routine crowd in on well-being and create tension and fatigue.

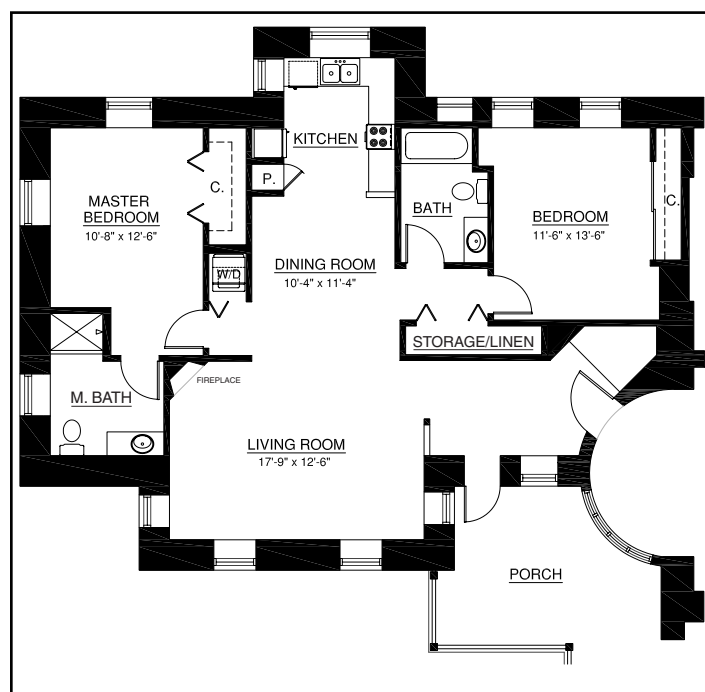
To find out more about the pursuit of leisure through life enrichment and wellness program offerings and events at Waterford, contact Krista Musser, director of Life Enrichment/Wellness. We invite you to spend time “to improve [your] soul’s estate.” ■

Choosing how you spend your time

June ushers in the summer season, and for many, this month marks the beginning of a yard-work and home-maintenance marathon. This isn't the case for the men and women who have made Waterford their home.

Kendra West, a resident of Touchmark at Mt. Bachelor Village in Bend, Oregon, summarized her delight at choosing how she spends her days. "The thing that really has changed is I have more time to relax. I have more time to walk down to the river and fish. I have more time to read. And that's what I really enjoy at this point. I am still active, but I am giving myself more time to do other things instead of mowing the lawn, and working in the yard, and things like that."

Instead of spending time maintaining the yard or house, consider a lifestyle that frees you to pursue your dreams, invest in hobbies, spend time with friends, volunteer and make a difference in others' lives, and



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travel. At Waterford, attentive staff take care of the exterior and interior maintenance, so you can enjoy the pleasure of independence.

Call 605-335-1117 today to learn more. ■

Getting to know your neighbors

Five years ago, a resident's suggestion helped create the Getting To Know Your Neighbor gatherings. Today, people continue to meet on a fairly regular basis to share stories.

"Many times these popular talks end up being cultural/educational presentations," says Krista Musser, director of Life Enrichment/Wellness. "It's also a time for new residents to tell others about themselves."

Usually one or two people host the gathering. During one talk, a resident shared some unique folk needlepoint artwork that her mother created. Another time, a couple was interviewed by their son, who filmed it for their 50th wedding anniversary. *(cont.)*



During the recent Getting To Know Your Neighbor gathering, Gail and Diane Kristensen (center) share about their family, hobbies, memories, and more. Gail talks about his ancestry in Denmark, and Diane shares her love for collecting fine china and tea and coffee pots.

(cont.) For the next gathering, some residents will talk about recent travels. Watch the Life Enrichment/Wellness calendar for dates and times, and come and get to know your neighbors. ■

Recent events



From left: Illa Rott, Ellen Lang, and Jean Lowary display the lap quilts they made for AseraCare Hospice.



Jill Van Veldhuizen (center) from Siouxland Heritage Museums talks about tea etiquette during a low tea at Waterford. Resident Gail Kristensen (not pictured) helped staff prepare for the event.



Marie Eide (clockwise), Vivian Wubben, Frances Wagner, and Dorothy Golden took part in the low tea.

Coming Events

Wednesday, June 4, 2:30 pm
NATO Educational Presentation. Heritage Room.

Tuesday, June 10, 7:30 pm
Municipal Band Concert.