

# The 2008 North American Solar Challenge visits Sioux Falls

Twenty-six odd-shaped, solar-powered cars rolled into Sioux Falls for a pit stop, which marked the fifth stop for competitors in the 2008 North American Solar Challenge (NASC2008).

The competition consists of designing, building, and driving a solar-powered car from Dallas, Texas, to Calgary, Alberta, Canada—more than 2,000 miles.

While stopped in Sioux Falls, the 26 teams, most of whom are college students, displayed their futuristic-looking cars.

A group from Waterford took the opportunity to see the cars firsthand and ask the competitors questions about their vehicles.

“Older adults are interested in being green and learning about future technologies,” says Life Enrichment/Wellness Director Krista Musser. “This fun event offered us a glimpse into the future.” ■



**Diane and Gail Kristensen listen while a Solar Challenge competitor talks about her team's car.**



**Bob Atkins is shown with a member of the Michigan team.**

## Living with intention



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

Is the “science” of living with intention hocus-pocus, or does it make a difference in the quality of life to use focus, positive thinking, and conscious change to create one’s destiny? Actually, there is a large body of research that looks at the whole connection between purposeful living and a life that relies on chance, others, or circumstances.

### Wherever You Go There You Are

—Jon Kabat-Zinn, PhD

Most of us know about the famous changemakers who chose mindful responses to life challenges—Gandhi, Buddha, Jesus, and other spiritual leaders. In 2008, however, the scientific community is looking at “ordinary” people and tracking their outcomes and experiences based on journals, interviews, and interactive technology to see what happens when they face crisis and chaos that comes from circumstances beyond their control.

The research group at Berkley, Tufts, John Hopkins, and the Mayo Clinics all agree that people can become more resilient, happy, and experience whole-person wellness as they age as a result of steering their own course through choices, changes, and intentional decision making. Lynne McTaggart, the author of *The Science of Intention* (Harper Paperbacks, 2003) writes about “harnessing the creative power of our thoughts” and has developed the curriculum for scientifically based training of academics and other health professionals to quantify and qualify the commonly held belief that we can experience happiness and satisfaction at a higher level by purposeful living.

At Waterford, the Life Enrichment/Wellness program focuses on providing social environments where residents, families, and staff can develop relationships

and avocations that bring greater life satisfaction and fun. Ultimately, it is up to the individual to choose the activities, events, and relationships that lead to personal contentment and happiness. ■

## Join Waterford for Active Aging Week

Sept 22 to Sept 28



## How does help with your housekeeping sound?

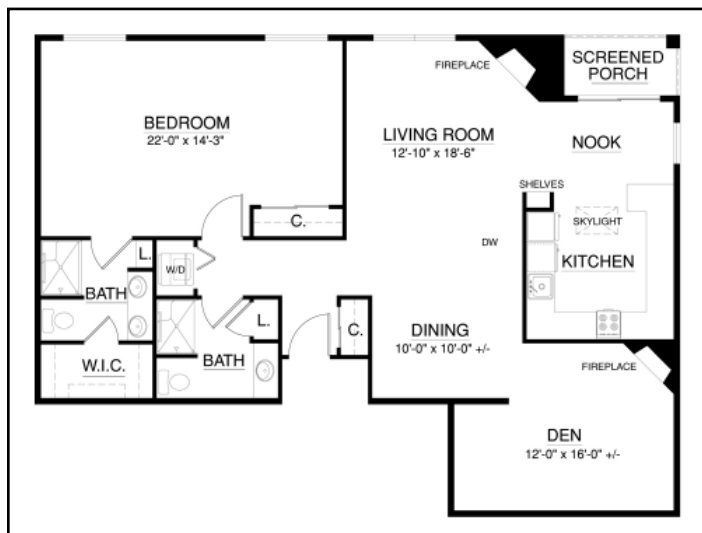
Living at Waterford enables people to pursue healthy life choices by shedding the responsibilities of home maintenance. In fact, according to the Agency for Healthcare Research and the Centers for Disease Control, older Americans have more to gain than younger people by becoming more active, because they are at a higher risk for health problems.

Waterford’s maintenance-free homes offer housekeeping services. In addition, the lawns are mowed in warm weather and the snow is shoveled in winter. Plus, a variety of amenities and services, like scheduled transportation, are included.

At Waterford, people have the opportunity to fully embrace an active lifestyle. Visit Waterford or call 605-335-1117 today to learn more about this summer’s featured homes. ■

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Home 400 offers 1,384 square feet, hardwood floors throughout, a full kitchen, screened-in porch, a formal dining area, and two fireplaces. The home also features a gorgeous view of the historic buildings on the Waterford campus.

## Excerpts from *How to Maintain a Good Memory Ability with Advancing Age*



**Rob Winningham, PhD, Associate Professor of Psychology at Western Oregon University**

Rob Winningham, PhD, will lead Cognitive Training workshops for Touchmark/Waterford staff and invited guests at the Waterford communities in Fargo, North Dakota, in August and then again in September in Spokane, Washington. Following are excerpts from his article *How to Maintain a Good Memory Ability with Advancing Age*. To read the complete article, visit [Touchmark.com/article/maintain-good-memory-in-old-age.htm](http://Touchmark.com/article/maintain-good-memory-in-old-age.htm).

• “The old adage ‘use it or lose it’ has been shown to be very accurate when it comes to maintaining memory and cognitive ability in older adulthood. Researchers

are also finding evidence that other lifestyle variables such as nutrition, physical exercise, reducing stress, and getting adequate sleep are all associated with better memory ability and a reduced likelihood of developing dementia.”

• “Numerous studies have reported that older adults who engage in a greater number of cognitively stimulating activities are less likely to develop Alzheimer’s Disease.”

• “Other studies have found support for the ‘use it or lose it theory.’ For example, we know that the more time people spend engaged in educational pursuits, the less likely they are to develop dementia (Stern et al., 1992). People who know two or more languages develop Alzheimer’s, on average, over four years later in life than people who only know one language (Bialystock et al., 2007).”

• “People who walk or do other physical exercise on a regular basis are less likely to have memory problems, and it increases people’s ability to pay attention (Colcombe & Kramer, 2003), which decreases as we age.” ■

## Recent events



**Residents watch hot air balloons take off from Kenny Anderson Park during the 33rd Great Plains Balloon Race.**

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From left: Bev Greenfield, Alice Doscher, and Mary Jane Reardon celebrate National Ice Cream Day.



From left: Jean Lowary, Frances Wagner, Illa Rott, and Willie Wikner meet for morning coffee in the inner courtyard.

## Coming Events

**Wednesday, Aug. 6,  
2:30 pm**

*New and Unusual Houseplants*, presented by Master Gardener Miriam Greene. No charge. Second-floor family room.

**Tuesday, Aug. 12,  
10:15 am**

Bus leaves for Jesse James Pontoon Rides in Garretson, South Dakota. Cost: \$7 per person.

**Wednesday, Aug. 20,  
2:30 pm**

*The 36-Year Funeral of Abraham Lincoln*, presented by Jeff Gold. No charge.

**Wednesday, Aug. 23,  
8:45 am**

Bus leaves for community outreach event. Serve refreshments at Habitat for Humanity site. No charge.

**Wednesday, Aug. 23,  
10 am**

Bus leaves for *Norman Rockwell in the 1940's: A View of the American Homefront* exhibit at the Redlin Art Center in Watertown, South Dakota. Cost: \$15 per person, which includes transportation and lunch.