



A Touchmark® community
Est. 1980

See what's happenin' at Waterford



From left: Life Enrichment/Wellness Director Krista Musser and residents Jean Lowary and Willie Wikner donned Western fashion for the themed birthday night.



During the Ladies Luncheon and Style Show, residents and staff model fashions from Go Casual!, a local shop that sells women's clothing and jewelry.

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Nutrition news—eat those blueberries



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

"Impaired or failing memory as we get older is one of life's major inconveniences. Scientists have known of the potential benefits of diets rich in fresh fruits for a long time."

—Jeremy Spencer, PhD, Professor of Molecular Nutrition, University of Reading

The medical research community has known for a long time that flavanoids have some kind of effect on memory, but until recently, researchers didn't know the potential mechanisms to account for the phenomenon. Matt Whiteman, PhD, a principal investigator at the Institute of Biomedical and Clinical Science, Peninsula Medical School, worked with Dr. Jeremy Spencer on recent research and states, "This study not only adds science to the claim that blueberries are good for you, it also provides support to a diet-based approach that could potentially be used to increase memory capacity and performance in the future." Their work was published this year in the scientific journal *Free Radical Biology and Medicine*.

If whole foods—specifically fruits and vegetables with antioxidants—are the answer to combating damaging free radicals that cause brain cell death, what about supplements and food replacement products? The American Dietetic Association has reaffirmed the principle of getting appropriate nutrients and vitamins

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Norma DeGroot, Alice Doscher, Bev Greenfield, and Charline Smith spend the day at the Terry Redlin Museum in Watertown, South Dakota.



During the summer, residents took advantage of the sunny weather and visited several local city parks. For Mary Jane Reardon, one park brought back many memories. Mary Jane, her late husband Thomas, and their children donated land to the city of Sioux Falls in May 1989. The donated land became Tomar Park.

(cont.) from whole-food sources whenever possible. It might be easier to buy a bottle of supplements or a “vitamin-rich” drink product, but it is best to avoid those options and go shopping on the perimeter of the local grocery store whenever possible.

For people with limitations that prevent biting, chewing, swallowing, and digesting whole foods, supplements are certainly a viable option. But the average adult should buy and eat whole foods whenever possible. Nutritionists concur that this applies to people over the whole lifespan—not just during the developmental years.

At Waterford, there are numerous opportunities to enjoy food and participate in social activities. For information on nutrition and dietary choices that support brain and heart health, talk to Waterford Life Enrichment/Wellness Director Krista Musser or Food Services Manager Randy Austin. It's never too late to make good dietary choices that support active aging. ■

Assisted living remains an affordable care choice

According to the 2008 Long-Term Care Cost of Care research report issued by Prudential Financial, the average daily cost for assisted living is less than half the average daily cost for a private room in a nursing center. The study also reports that costs vary significantly by geographic area. For example, Alaska is the most expensive, while Las Vegas, Nevada, is the most affordable.

“This study underscores the important role assisted living services can play in the overall care of older adults,” says Touchmark Senior Vice President Brian Pryor, who oversees all of Touchmark’s care services, including assisted living. A complete copy of the report is available at www.prudential.com/media/managed/LTCCostStudy.pdf. ■

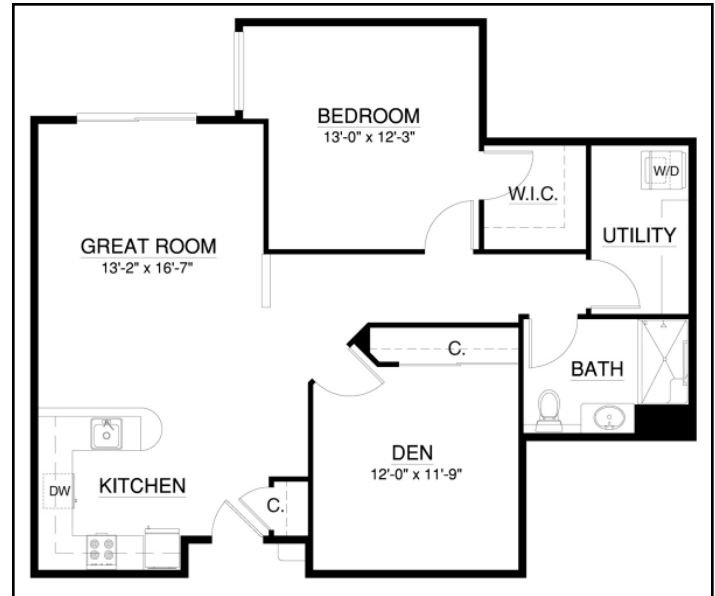
Enjoy the assurance of 24-hour help

“No matter what you need, there is help available. There is always someone to talk to. My daughter doesn’t have to worry about me anymore, I’m well cared for,” says Jackie Bartlett, who lives at Waterford on West Century in Bismarck, North Dakota.

Norma Duquaine, who lives at Touchmark on West Prospect in Appleton, Wisconsin, shares a similar outlook. “Since moving to Touchmark, I have felt more safe and secure. The staff is very helpful, and you can tell they enjoy working here,” says Norma.

Residents like Norma and Jackie enjoy the assurance of 24-hour help. If they have questions or need assistance, Waterford team members are available. Furthermore, each home is equipped with an emergency call system.

Come discover the convenience of 24-hour help. To learn more about the Waterford lifestyle—and the fall’s featured homes—call 605-335-1117 today. ■



Apartment home 412 offers 1,013 square feet, one bedroom, one bathroom, and a spacious den. This home features vaulted ceilings, a full kitchen, and ample storage space. Call for a personal presentation.

Coming Events

Tuesday, Oct. 14, 2 to 3:30 pm

Harvest Festival. Enjoy fall refreshments, a quilt display, and more.

Sunday, Oct. 26, 2 pm

Depart for South Dakota Symphony performance, featuring the Rex Brothers. Washington Pavilion.

Tuesday, Oct. 28, 6 pm

Depart for Haunted Trolley Tour, provided by the Old Courthouse Museum.