

A parade of trees

With over 30 decorated trees on display throughout Waterford, the holiday spirit is felt by all. Food Services Manager Randy Austin started the tradition 13 years ago with six trees and has added at least one new tree every year since.

Each tree is unique with its different theme. Everyone is sure to find a personal favorite: from a patriotic tree decorated in red, white, and blue to the 12-foot Fraser fir that soars over the Imperial Dining Room and is decorated in white boas and birds.

Two trees are traditionally designated as “traditional” trees and showcase resident-made decorations. Each year, residents make new ornaments to add to this tree, which is strung with bubble lights and tinsel.

Three years ago, Randy generated considerable attention with an upside-down tree decorated in glass Waterford crystal balls. It continues to be placed in the Chapelview Parlor for everyone to view and enjoy when they walk in the front doors of Waterford.

“This fun tree has been such a conversation starter that Randy added another upside down tree last year,”

says Life Enrichment/Wellness Director Krista Musser. “It is certainly no small task to decorate over 30 trees. Randy starts stringing the trees with lights in early October, and immediately after Thanksgiving the trees are placed throughout the building ready to decorate. We are very thankful to him and all who help create a festive atmosphere.” ■



Resident Mickey Billion helps set up trees in the Waterford bistro. Each year, people from around Sioux Falls come to visit and see the lovely trees at Waterford.

Make daily deposits in your bank of well-being



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

On a recent vacation I took a small boat to the Isola San Giulio on Lake Orta and did the “walk of silence’ around the monastery and surrounding stone streets. In the

midst of all the chaos of traveling, shopping, dining, hiking, and a total cacophony of noise of all kinds and levels, those moments of inward focus and integration became the highlight of my trip.

It occurred to me as I walked from signpost to signpost that the stillness needed to hear the bird’s song, the water lapping on the shore, the rain on the treetops, or a child’s spontaneous laugh is an inside job. It is not about the external chaos over which I have little or no control. It is about the internal quiet that allows

the soul to rest and reflect.

We live in a society that is filled with noise: media messages, signage, unsolicited mail and phone calls, television, car radios, and more. Planes, trains, cars, and other motorized vehicles pollute the silence as we walk or cycle. In all public places, people stand right next to us and speak freely on their cell phones to someone we have never met. Assaults on our quiet come too often to count.

If we are going to maintain *(cont.)*

(cont.) the equilibrium in our lives, we must make a commitment to well-being each day. Whether it is reading familiar passages, listening to music that reaches into the heart, meditating, doing yoga, walking in the early morning, or talking to a special friend—there is an activity for each of us that can define the day as one of good memories and contentment. As we go forward into the day, we will be busy doing tasks and activities, solving problems, and finding solutions, but the deposit in the bank of well-being can carry us through those busy moments in spite of the many demands we face.

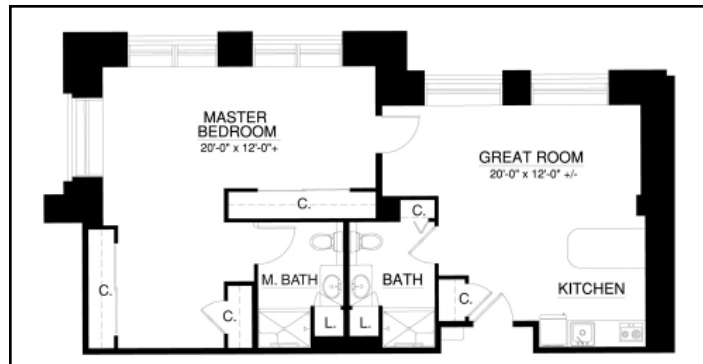
“The silence allows you to listen to the wind, your step, the fragrance of love.” —*Signpost along the “walk of silence” at Lake Orta*

At Waterford, the Life Enrichment/Wellness program is designed to allow each resident to find his or her moments of well-being. Contact Life Enrichment/Wellness Director Krista Musser for information on the program opportunities that will provide meaningful moments throughout your day. ■

How about a carefree winter stay?

Are you concerned about a loved one staying at home during the winter months? Winter is the perfect time of year to try out retirement living and experience all that Waterford at All Saints has to offer: choose short-term stays of one month, two months, three months, or longer.

Residents enjoy all the comforts of home without the work and worry. They can leave the snow shoveling, winter driving, cooking, laundry, and housecleaning to Waterford. Comfortable and cozy apartment homes are available, complete with temporary furnishings. Call today for more information. ■



This 876-square-foot apartment home features large windows that allow natural light to fill the home. Call today for a personal presentation.

Support local families in need

Are you stumped about what to give someone who already has everything? Looking for a gift idea that can make a difference in the lives of others?

Over the past several years, the Touchmark Foundation has joined with Touchmark and Waterford communities around North America and others to create hundreds of food boxes for families in need over the holidays. Depending on the community, each box contains enough food for a complete holiday meal or meals over three to five days. The cost of each box can be more than \$40. The food boxes are then donated to nonprofit agencies and area churches to be distributed to help families in need over the holidays.

If you'd like to join the Touchmark Foundation in this joy-filled project, please donate online (TouchmarkFoundation.org) or send a tax-deductible check (payable to the Touchmark Foundation) to:

Touchmark Foundation
Attn: Holiday Food Box Project
Care of Waterford at All Saints
111 W 17th Street
Sioux Falls, SD 57104-4901

Coming Events

Sunday, Dec. 7, 2 to 5 pm

Waterford's Annual Christmas and Holiday Social. RSVP by Dec. 2.

Monday, Dec. 8, 2:30 pm

Musical performance. Dennis Knutson on the flute and pianist Beverly Hallstrom. All Saints Chapel.

Thursday, Dec. 18, 6:30 pm

Captivating Christmas by Damian Marchand. All Saints Chapel. Please RSVP.

Wednesday, Dec. 24, 3 pm

Christmas Eve Chapel Service. All Saints Chapel.

Keeping your body—and brain—fit in 2009

The latest research concludes the same healthy habits that keep the body fit also protect the brain. To maintain, and in some cases improve the brain's function, Associate Professor of Psychology at Western Oregon University Rob Winningham, PhD, encourages people to follow these steps:

1. Exercise 30 minutes a day, using a combination of aerobic exercise and strength training.
2. Eat a diet rich in fruits and vegetables, as the antioxidants can decrease damage to cells.
3. Get at least seven or eight hours of sleep each day, even if it requires a nap.
4. Manage stress levels.
5. Maintain social relationships and engage in social activities.
6. Participate in stimulating brain activities each day, such as reading the newspaper and

solving puzzles.

7. Eat fish containing omega-3 fatty acids at least twice a week, as the omega 3s are good for the brain, mood, and memory ability.
8. Try to learn something new everyday.

This year, make a resolution to incorporate some of these healthy habits into your life. ■

	6				5	7		2
		4		9	6		1	
8	7	1	3		2			
5				7	1	3		
	3			5			7	
		7	8	2				5
			5		9	6	8	7
	8		2	6		1		
7		6	4					2

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This puzzle has been provided by programmer/musician Jim Bumgardner, who creates software art and toys and is the creator of www.krazydad.com.

Sudoku is one of the best activities for brain development. Fill in the blank squares so that each row, each column, and each three-by-three block contain all of the digits 1 through 9.

3	6	9	1	8	5	7	4	2
2	5	4	7	9	6	8	1	3
8	7	1	3	4	2	9	5	6
5	4	2	6	7	1	3	9	8
6	3	8	9	5	4	2	7	1
1	9	7	8	2	3	4	6	5
4	2	3	5	1	9	6	8	7
9	8	5	2	6	7	1	3	4
7	1	6	4	3	8	5	2	9

Answers to the puzzle

Highlights from 2008



Vivian Wubben (left) and Jean Lowary plant flowers during a Gardening Club gathering.



Norma DeGroot models clothing from Go Casual during the Fall Style Show.



Gail Kristensen practices his bowling skills on the Nintendo Wii. The interactive video game system uses a remote that senses the player's movements, which translate into action on the screen.



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.



From left: Curt Anderson, Bob Swift, and Marlow Neuberger attend the Veterans Day breakfast.