

Building on an award-winning year

Happy new year to you and your loved ones! As we start another year, I'm excited to build on the achievements and growth of last year. During 2009, we were honored to receive some awards, which underscored our mission—to enrich people's lives.

Our parent company, Touchmark, received a Best Practice award for Let Your Spirit Soar, a component of Touchmark's Life Enrichment/Wellness program, from The Health Promotion Institute, which is part of the National Council on Aging.

In addition, our Life Enrichment/Wellness director received her two-year certification as a Geriatric Wellness instructor.

With these team-built achievements as the foundation for 2009, I look forward to growing as a community and continuing to serve residents, their families, and the Sioux Falls community.

Join us for another exciting year!



Angie Rabon

Angie Rabon
Executive Director

Look what's new Fitness additions

If the weather outside is frightful, indoor fitness can be delightful. The Life Enrichment/Wellness team is pleased to announce the addition of two new treadmills, one elliptical trainer, and one stationary recumbent bike to the Heart Smart Exercise Room.

- **Treadmills** long have been a popular choice for indoor fitness. Understandably so, as walking is an ideal form of exercise that is also an important part of daily life. Walking on treadmills with a friend is a terrific way to enjoy socializing and peer motivation, even if the participants are walking at different speeds.

- **Elliptical trainers** are becoming

one of the more popular pieces of exercise equipment among older adults. Since your feet stay in contact with the footpads at all times, elliptical trainers offer excellent cardiovascular benefits with no jarring impact on your knees, hips, and ankles. Arthritis sufferers often can use an elliptical trainer when walking is painful. The machines are easy to operate, and many people find them to be quite enjoyable. Less pain and more enjoyment is a potent combination when it comes to sustaining an exercise program.

- The **recumbent bicycle** features a seat that looks like a chair with a firm back support and a design that reduces impact on joints. This piece of equipment provides an excellent low-impact workout for the entire lower body.

Life Enrichment/Wellness Director Krista Musser and exercise specialist Stacia McCoy are available at the following times to orient residents to the proper operation of the new equipment:

- **Monday, Jan. 12 from 9:30 to 10:30 am**
- **Wednesday, Jan. 14 from 2:30 to 3:30 pm**

Is personal training for you?

Do you have difficulty maintaining a regular fitness program? Are you intimidated by the equipment, or just not sure where to start with weight training? The services of a personal trainer may be just what you are looking for to help you get started on a fitness program or take your current program to the next level. A personal trainer is a fitness professional who works one-

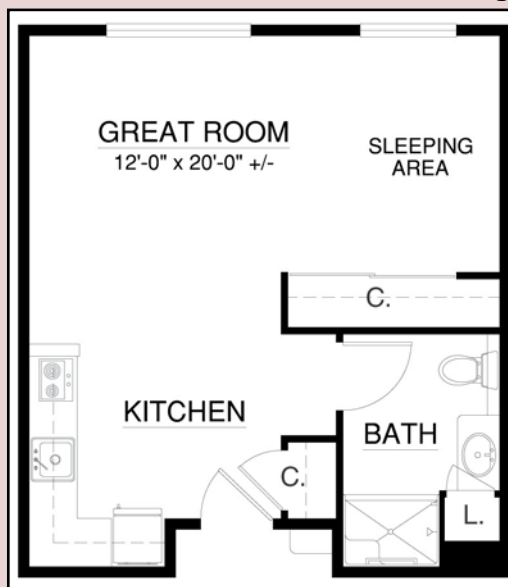
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(cont.) on-one with a client to develop and implement an individualized approach to physical fitness. Perhaps most importantly, a personal trainer can provide valuable motivation and encouragement to help an individual maintain a commitment to good health. A well-planned, progressive exercise program can lead to dramatic improvements in strength, balance, confidence, and the ability to live independently.

You don't need to look far to find a qualified personal trainer to help you with your fitness goals. Waterford at All Saints is pleased to announce that personal training will be available soon in the Heart Smart Exercise Room. New team member Stacia McCoy will offer her expertise in exercise to residents and staff by appointment for a minimal fee.

For more information about any of these fitness offerings, talk with Krista or Stacia. ■

Tour this home today!



Apartment home 313 is perfect for a winter stay or longer. This 447-square-foot studio apartment has one bathroom and the warmth that comes with southern exposure. Call today for a personal presentation.

Celebrations!



Marge Coalman, EdD

Vice President of Wellness & Programs, Touchmark

We have declared 2009 as the year of “Celebrations!” in all Touchmark communities. What does the theme “Celebrations!” denote for a company of communities that provides home and lifestyle options to people ages 55-plus in the USA and Canada?

The intent is multifaceted. Of course, we'll promote the idea of parties, merriment, and revelry; these special events are fun to plan and attend and are scheduled in all Touchmark communities throughout the year. The theme of the 2009 Touchmark Full Life Wellness

& Life Enrichment Program, however, is much more personal and more in keeping with what John Burroughs wrote about in his essays and books. The celebrations of life are those moments each day that bring pleasure, contentment, and connectivity to our wishes, hopes, and dreams—days that leave us wishing for more hours to have those personal desires fulfilled.

Celebration of the day can be as simple as a quiet moment of contemplation or as complex as a formal event to mark a special holiday, anniversary, or milestone in

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(cont.) the life of a friend or family member.

In the broader scope of celebrations in 2009, the yearlong “author in residence” series will celebrate authors living in Touchmark communities who have published books. Part of Touchmark’s ongoing Let Your Spirit Soar activities, the series will be featured in newsletters and on the Touchmark Web site (Touchmark.com).

“I still find the day too short for all the thoughts I want to think, all the walks I want to take, all the books I want to read, and all the friends I want to see.”

—John Burroughs, naturalist and essayist

Life Enrichment/Wellness staff and residents work together to plan and organize multiple opportunities to celebrate moments of pride and personal accomplishment. To be a part of the planning and promotion of the Celebrations! in 2009, contact Life Enrichment/Wellness Director Krista Musser at 605-335-1117. The talents, time, energy, enthusiasm, and support of each resident and team member will highlight the 12-month emphasis on personal and community celebrations. ■

Starting the new year with new look

Waterford recently completed an extensive internal and external remodel. The project updated the lobby, entry vestibule, reception desk, living room, dining rooms, fitness room, craft room, memory care neighborhood, and garage elevator lobby. Earth-tone colors—gold, tan, rust, blue, green, and plum—were used for the wall paint, furnishings, carpeting, and window treatments. The carpet and wall accent colors aid in way-finding. The community is planning to invite a local professor to discuss the art that is showcased throughout the building. ■



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Build your brain. Solve a puzzle.

Unscramble the following letters to discover a new phrase. The topic is new year.

1. repay pay when = _____
2. a eyeliners town sour = _____
3. weathering rye inn = _____

*Answers:
1. happy new year 2. new year resolutions
3. ring in the new year*

Recent events



Dale Ling and Deb Williams attend the Trains at Christmas show.

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From left: Vivian Wubben, Josephine Hodges, and Illa Rott decorate the residents' Christmas tree. All of the ornaments on this tree were made by Waterford residents. Waterford was filled with over 30 decorated trees this holiday season.



Mavis Gourley attends the Christmas Social.

Coming Events

Sunday, Jan. 11, 2 pm
Performance by the First United Methodist Church children's choir. All Saints Chapel

Saturday, Jan. 17, 2:30 pm
WWII Memories, presented by Stan Cross. North Imperial Dining Room.

Authors in Residence Series

Throughout 2009, Touchmark is featuring stories about authors (and their published works) who reside at Touchmark communities in the United States and Canada. The year-long series is a new aspect of Touchmark's award-winning Let Your Spirit Soar—a component of the Life Enrichment/Wellness program. Now beginning its fourth year, Let Your Spirit Soar showcases the strengths, talents, and skills of Touchmark residents and staff in the area of lifelong learning and creativity.

Vice President of Wellness & Programs Marge Coalman, EdD, interviewed the authors. "I was surprised by the number of authors we discovered once we announced the project," she says. "Literally, there are dozens of published authors living at Touchmark communities."

Last year, the Health Promotion Institute—a part of the National Council on Aging—presented Touchmark with a Best Practice award for Let Your Spirit Soar. The award recognizes a program, initiative, or service that enhances the health and wellness of older adults. Touchmark was one of three organizations selected from more than 100 nominations throughout the United States.

To read about all of Touchmark's resident authors, visit Touchmark.com/authors-in-residence. ■

