

Community affected by Fargo flood finds help at Waterford

Waterford at Harwood Groves is located just a few blocks from the flooding Red River. On March 26, the city of Fargo ordered precautionary evacuations, and two Waterford buses transported 18 residents and four caregivers to Waterford at All Saints.

Several hours later, Angie Rabon, executive director at Waterford at All Saints, welcomed the individuals to their new temporary home.

Local media, including KSFY, KELO-LAND TV, KXRB radio, and the *Argus Leader*, covered the evacuation of Waterford residents from Fargo to Sioux Falls.

“All residents are doing well,” says Angie. “They’re involved in our Life Enrichment/Wellness activities, and everything is going very smoothly.”

She adds that all team members are

doing a “fantastic” job. This includes three staff from Waterford at All Saints who spent several days in Fargo helping to fill and place sandbags, move furniture, and prepare the

building in case flooding occurred.

As soon as it is safe, the visiting residents and their caregivers will return to Fargo. ■



Left: Buses pull out of Waterford at Harwood Groves for Waterford at All Saints. Below: Jim and Doris McAndrew wait to evacuate to Waterford at All Saints.



Left: All Saints residents greet members of the Fargo community during a special welcome tea. The next day, All Saints provided a tour of Sioux Falls for the Fargo residents.

Beauty blooms

The richly colored orchid first grabbed Ellen’s attention when a high school sweetheart gave her a large, gorgeous orchid corsage. The love affair continued when she received her first

orchid while living in Hawaii in the mid-1970s. When she flew back to the mainland, Ellen traveled with her Doberman pinscher and a lap full of tropical orchids.

Today, Ellen tends to her prized orchids daily; repositioning, soaking,

and feeding them. These lovely plants enjoy and require high humidity and brightness but not direct sunlight.

When looking to move closer to her son in Sioux Falls, Ellen was drawn to her current home at Waterford for many reasons, including a *(cont.)*

(cont.) skylight that illuminates her orchids.

“When making the move from Connecticut to Sioux Falls, I had my car filled with orchids, and they survived the long drive,” recalls Ellen.

Ellen loves to share her orchids during their annual bloom. Since the flowers are fragile, she invites friends and neighbors to her home to view the radiant blooms.

Ellen currently has these types of orchids: four Dendrobium, which have never bloomed; Paphiopedilum “Lady Slipper,” one of which is mahogany colored; a Laelia; Cattleya; and a Phalaenopsis “Moth Orchid.” ■



Resident Ellen Lang loves raising orchids in her Waterford home and sharing the flowers during their annual bloom.

Humor helps



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

“Humor is mankind’s greatest blessing.” —Mark Twain, author

Resilience is a quality that is hard to measure in people as compared to road surfaces, paint, and other finite objects. In the assessment of a life well-lived, however, it comes up over and over in the people I interview. They say that a sense of humor is essential to navigating not only the aging process but life as we know it in 2009. Humor is an essential component of resilience and life balance.

The physiological and psychological benefits of *laughter* have been well-studied, as noted in the article I wrote for the International Council on Active Aging (*Is Laughter Really the Best Medicine*—November/December 2005). But a consistent sense of humor is less well-understood by

the research community. What is known is that it requires optimism along with the ability to see through a problem with a positive perspective.

The research that has been done on humor focuses on the cognitive-response mechanism that occurs when people respond to comedy. Yet, interestingly, there is little commonality in what people will find humorous.

Perhaps the analysis is unimportant, as author E.B. White contends. The real importance of a sense of humor lies in helping us survive the bumps and potholes in life’s road and coming through with the ability to face the day (and tomorrow) with a smile.

Universally, people respond more positively to those around them who manifest and display humor and a positive perspective, even in adverse situations. These resilient individuals are not “starry-eyed optimists” out of touch with the hardships and stresses of life. They are realists who are able to maintain their perspective when others experience fear or depression.

At Waterford, there are many opportunities to share humor and optimism. For information on how to participate in the Life Enrichment/Wellness program planning and implementation, contact Krista Musser, director. ■

Come home to Waterford!



Large windows allow natural light to fill apartment home 101, which offers 642 square feet. Call today for a personal presentation.

- Creativity abounds as resident volunteer **Helen Jorgensen** leads a class on creating clay beads.

- The quilting talents of resident **Illa Rott**, combined with her love of helping others, led to the creation and popularity of Quilting with Illa. Residents **Ellen Lang**, **Jean Lowary**, **Illa Rott**, and those participating in Quilting with Illa donate their time and talents quilting lap robes for patients of AseraCare Hospice.

- **Jan Knutson** volunteers twice a week and helps with Arts & Crafts and bingo in the memory care neighborhood. Jan also assists with many special events.

- **Janet Enger** provides manicures for residents every Friday afternoon.

- **Jody Swenson**, a resident volunteer, shares her love of reading with her friends and neighbors Monday afternoons. Readings with Jody has become a weekly highlight for many people.

- Resident and library coordinator **Patty Berger** helps keep the library organized.

- College student **Stephanie Larsen** volunteers in the memory care neighborhood during the summer.

- **Tasha Nelson**, a local high school student, volunteers most Saturday mornings and helps with activities.

- Members of the **Waterford Knit Wits** knitting group create hats, mittens, and scarves that are donated to a nonprofit, which gives the items to children overseas.

- **Waterford Resident Committee** members Beverly Greenfield, Gail Kristensen, Norma DeGroot, Frances Wagner, Betty Nelson, Vivian Wubben, Alice Doscher, Ruth Fenner, Janie Cloud, Elizabeth Balcer, Phyd Devereux, Charline Smith, and Char Carver volunteer their time.

- Resident **Wynona Brown** loves sharing and reading poetry and inspirational readings to other residents.

Contact Life Enrichment/Wellness Director Krista Musser to learn more about volunteering at Waterford. ■

Thank you, Waterford volunteers!

National Volunteer Week is in April, and Waterford is celebrating the people who donate their time to enrich the lives of others and help make this community a vibrant place:

- Each month, **Beverly Waldheim** gives chair massages to residents living in the Assisted Living neighborhood. She also is a Humane Society volunteer and brings puppies to the Memory Care neighborhood.

- **Candace Cameron** conducts a monthly book review.

- **Carol Dawley** and her therapy dogs, Dizney and Dandy, stop by Waterford once a month for a pet therapy visit.

- **Father Joyce**, with more than 10 years of volunteer service, conducts Catholic Mass for residents every Thursday morning.

Bring on the chili!



Over 40 people sampled a variety of chili and voted for their favorite at the Waterford Chili Cookoff. Jim Bruse, husband of Life Enrichment/Wellness Assistant Vicki Bruse, took top honors for his creation with Bob Sandstede from Beck & Hofer Construction, and Waterford team member Jim Shook coming in close behind. Verna Moreland (left) and Charline Smith discuss their favorite chili.



George Farmer (left) and Rich Lingberg taste different chili recipes.



From left: Bev Greenfield, Jean Lowary, Norma DeGroot, and Char Carver sample the various chilies at the Waterford Chili Cookoff.

Brain a buzz ...

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

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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.

Coming Events

Friday, April 10, 2:30 pm

Acoustical guitar performance by Eric Chap, grandson of Waterford resident Sylvia Callison. All Saints Chapel. No RSVP necessary.

Friday, April 10, 3:30 pm

Coloring eggs. Residents and team members' children and grandchildren will be coloring several dozen eggs for the next day's Easter egg hunt. Heritage Room.

Saturday, April 11

Waterford Easter Celebration

- 10 am: Egg hunt. Waterford front lawn.
- 10:30 am: Easter chapel service. All Saints Chapel.
- 11:30 am and 12:30 pm: Easter champagne buffet. RSVP required. Imperial Dining Room.

Tuesday, April 14, 2 pm

Educational tour of artwork on third floor by Visual Arts Center Director at the Washington Pavilion of Arts & Science David Merhib.

Friday, April 17, 2:30 pm

South Dakota Symphony's Dakota Wind Quintet performance. All Saints Chapel.

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

Answers to
the puzzle