

# An egg-ceptional day with local children



Helen Dobier and Jayden Wolf dye eggs for the Waterford Easter Egg hunt. The Easter Egg Hunt has a rich tradition on the All Saints campus, spanning over 100 years.



Austin (left) and Keaton Harvey, grandsons of Waterford Facility Manager Bob Buller, hunt for eggs during the annual Easter Egg Hunt. Austin was lucky enough to find the coveted golden egg!

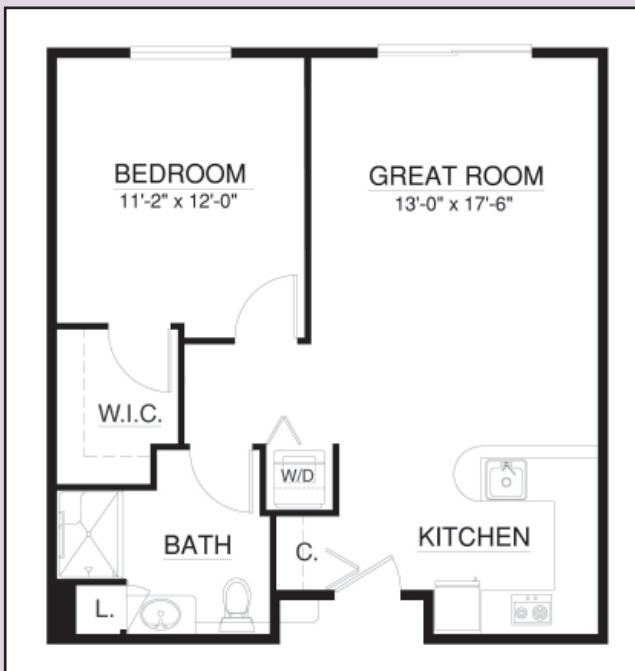


Teegan, Darin, and Braxton Musser hunt for eggs.



Assisted Living Manager Jackie Lofswold (left) dyes eggs with her grandchildren.

## Welcome home!



Step out for a breath of fresh spring air on the outdoor patio of apartment home 112, located in Waterford's inner courtyard. This 672-square-foot home offers one bedroom and one bathroom. Call today for a personal presentation, and experience the Waterford lifestyle!

## Mind your verbs

Fill in the blank using the letter provided as the first letter. Think of verbs for each letter provided.

Example:

ASK \_\_\_\_\_

A \_\_\_\_\_

B \_\_\_\_\_

C \_\_\_\_\_

D \_\_\_\_\_

E \_\_\_\_\_

F \_\_\_\_\_

G \_\_\_\_\_

H \_\_\_\_\_

I \_\_\_\_\_

J \_\_\_\_\_

K \_\_\_\_\_

L \_\_\_\_\_

M \_\_\_\_\_

N \_\_\_\_\_

O \_\_\_\_\_

P \_\_\_\_\_

Q \_\_\_\_\_

R \_\_\_\_\_

S \_\_\_\_\_

T \_\_\_\_\_

U \_\_\_\_\_

V \_\_\_\_\_

W \_\_\_\_\_

X \_\_\_\_\_

Y \_\_\_\_\_

Z \_\_\_\_\_

## Coming Events

**Saturday, May 9, 2:30 pm**

Students of South Dakota Symphony Orchestra Concertmaster Doosook Kim visit Waterford for a recital. All Saints Chapel.

**Sunday, May 10, 11:30 am**

Mother's Day buffet for residents and families. Please make reservations. Imperial Dining Room.

**Monday, May 11, 2:30 pm**

Adopt a Pot program. Exercise your green thumb and add color to the recently remodeled Sunset Pavilion by adopting a pot

of plants for the summer. Sunset Pavilion.

**Monday, May 25, 11:30 am**

Memorial Day Picnic for residents and families. Please make guest reservations at the Front Desk. Sunset Pavilion.

**Wednesday, May 27, 2:30 pm**

May Tea, with presentation by Lifelight Communications Development Coordinator Kim Liedtke. North Imperial Dining Room.

## Celebrate activity—step into spring



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

### “Birth certificates do not come with expirations dates.”

—Walter M. Bortz II, MD, *healthy aging expert and author, Dare to be 100*

May is Exercise is Medicine™ May, and the American College of Sports Medicine ([www.exerciseismedicine.org](http://www.exerciseismedicine.org)) and the World Health Organization Move for Health campaign [www.who.int/dietphysicalactivity/](http://www.who.int/dietphysicalactivity/) have developed an array of tools for both the public and health care professionals.

The many benefits of physical activity have sparked a campaign directed at physicians. The campaign encourages doctors and other health professionals to prescribe physical activity—along with good dietary choices—as a first line of defense against obesity and chronic diseases prevalent in people over the age of 65.

Although physical activity is a well-known deterrent to obesity, the idea of physical activity combating and managing diseases and conditions common to older adults is less commonly known. Specifically, diabetes; osteoarthritis; osteoporosis; cardiovascular disease, and hypertension have been identified as conditions that can be affected positively by a specific program of physical activity. There is significant evidence that even starting late in life can improve pain management and enhance overall well-being.

Physical activity also has been shown to improve mental health and cognitive function and has been found to contribute to the management of disorders such as depression and anxiety. An individualized program of cardiovascular and strength conditioning, flexibility, and balance is important in reducing the risk of falls—a primary cause of disability for older adults. Lastly, an active lifestyle also provides new opportunities for forming friendships, expanding social networks, and interacting more with the community and the environment.

Spring is an especially good time to get out the walking shoes, swimsuit, bicycle, gardening tools, and anything else you need to be active. Check with your physician as to recommendations and any restrictions for diagnosed conditions that may affect physical activity choices.

Featured classes and fitness offerings are listed in the Life Enrichment/Wellness calendar and highlighted in this newsletter. For additional information on appropriate physical activity choices, contact a member of the Life Enrichment/Wellness team. Step into spring with a renewed commitment to be physically active every day! ■

## Have you tried personal training?

A personal trainer offers accountability and can personalize a fitness program to fit your goals. Contact personal trainer Stacia McCoy to schedule a consultation to learn more. ■

