

# Passion for flowers and plants blooms



Summer's here, and so is Waterford's new Adopt-a-Pot program. Interested residents adopted flower pots, which now sit on the Sunset Pavilion for everyone to view and enjoy. Residents selected and planted flowers of their choice, and now they're taking care of the flowers throughout the summer. Residents Gail Kristensen (above), Rosemary Peritz (upper right), and Charline Smith showcase their flowers.



## Residents work together to expand library selection

While Waterford's Sunset Library offers a wide selection of books, several people found the choice of reading options to be limited. Due to various age-related vision impairments, the text in many of the books was simply too small for comfortable reading.

In a true display of Waterford spirit, residents raised over \$500 to purchase more than 40 large-print books of various genres.

Stop by the Waterford Sunset Library to peruse the selection and perhaps even check one out.

If you have suggestions of books or authors you'd like to see featured in the library, please see Library Volunteer Patty Berger, or Life Enrichment/Wellness Director Krista Musser. ■

## Waterford is calling your name!



Large windows allow natural light to fill apartment home 417. This 998-square-foot one bedroom, one bathroom apartment also features a den. Call today for a personal presentation.

## For some, curiosity never retires



**Marge Coalman, EdD**

Vice President of Wellness & Programs, Touchmark

## “Curiosity is free-wheeling intelligence.”

—Alistair Cooke, journalist and broadcaster

The act of learning can be a true source of enjoyment. Putting aside the benefits of continuing to activate and develop new brain cells and fine-tune short- and long-term memory, the process of learning new information provides a major source of satisfaction to the lifelong learner—especially if the information satisfies the sense of curiosity about the little known or unknown.

Here are some tips for supporting the habit of lifelong learning:

- Always have a book available. If you are a Kindle™ or Books on Tape® fan, that works, too. Those endless moments of waiting at an appointment,

(cont.)

(cont.) movie theatre, performance, etc. provide an ideal opportunity to dive into a story.

- Keep a “to-learn list.” Write down priorities for adding new information to your “brain central.”
- Spend time with friends who share your intellectual passion. Being with people who think—not just with people who are smart—makes learning fun and contagious.
- Put your new knowledge into practice. Anyone who has learned another language knows the “use it or lose it” principle. The same applies to picking up a paintbrush, aiming a new camera, or using a new phone. Connecting knowledge and outcome experiences leads to a whole new level of learning and satisfaction.
- Teach others. Mentoring and helping others is the best way to learn a topic well and put it into long-term memory.
- Prioritize new learning. Putting yourself and the pursuit of new information first is the only way to get it into our jam-packed lifestyle.

Lifelong learning opportunities are one of the many features of the Life Enrichment/Wellness programming at Waterford. If you have ideas, knowledge, skills, or talents to share or if you would like to know more about the programs available, contact Life Enrichment/Wellness Director Krista Musser. Curiosity is always welcome! ■

## Tongue twister!

Work your concentration and challenge your pronunciation. Try saying it aloud; trying saying it with friends; try memorizing it.

Betty Botter had some butter,  
“But,” she said, “this butter’s bitter.  
If I bake this bitter butter,  
it would make my batter bitter.  
But a bit of better butter—  
that would make my batter better.”

So she bought a bit of butter,  
better than her bitter butter,  
and she baked it in her batter,  
and the batter was not bitter.  
So ‘twas better Betty Botter  
bought a bit of better butter.

## Coming events

### Tuesday, June 9, 11 am to 4 pm

Mystery Trip. Satisfy your curiosity and join friends and neighbors on an outing to a secret destination. Please wear comfortable clothing. Sign up at the front desk.

### Thursday, June 11, 11:30 am

Book review and luncheon. Candace Cameron reviews *The Glass Castle* by Jeanette Walls. Seating is limited. RSVP by Tuesday, June 9.

### Sunday, June 21, 3 pm

Sioux Falls Municipal Band Concert. Waterford at All Saints front lawn.