



A Touchmark® community
Est. 1980

Summertime fun!



Summer presents the perfect weather for outings to McKennan Park.



LeRoy Arneson and Cagey, the mascot for the Sioux Falls Canaries, enjoy a great day at the ballpark.



Taking in a Sioux Falls Canaries game are (from left) Dale Ling, the Sioux Falls Canary, and Ray Swift.



Residents enjoy a classic summer treat—ice cream.

Going green—and making a difference



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

Whether they realize it or not, when residents move to a Touchmark

community, they are making a commitment to conservation of resources. Environmental sustainability is Touchmark's vision, and the individuals who work and live in the community are the changemakers who contribute to the success of reducing the carbon footprint.

In new construction and renovation projects, environmentally

friendly building methods and materials, energy sources, appliances, and furnishings are selected by Touchmark Development & Construction Company, a Touchmark subsidiary that seeks out and works with local "green" architects, developers, and builders whenever possible.

Touchmark at Coffee Creek (Edmond, Oklahoma) has *(cont.)*

(cont.) qualified for the EPA's voluntary Green Power Partnership program. The partnership with Edmond Electric to offer "cleaner, greener" wind power to residents significantly reduces the need for fossil fuels. In fact, their current purchase of wind power to the Grandview building is equivalent to removing 121 cars from the road for an entire year or planting 186 acres of trees, according to the EPA.

At Waterford at All Saints (Sioux Falls, South Dakota), Waterford at Harwood Groves (Fargo, North Dakota), and Waterford at Fairway Village (Vancouver, Washington), recent renovations used environmentally friendly paint, carpeting, and other materials as well as energy-efficient fixtures.

Gardeners at Touchmark on West Prospect (Appleton, Wisconsin) teamed up with volunteers for a joint gardening venture this summer. At Waterford on Saddle Drive (Helena, Montana), there is a concerted effort to recycle, headed by individual residents with the support of team members.

Each resident can contribute to the effort to "Go Green" in numerous ways. Some examples are:

- ◆ Using and reusing cloth shopping bags;
- ◆ Contributing no-longer-needed items to charitable organizations to use for fund-raising;
- ◆ Turning off lights and appliances when not in use;
- ◆ Turning down the thermostat

- in winter and up in summer;
- ◆ Using less water;
- ◆ Separating recyclables whenever possible;
- ◆ Taking advantage of community shuttles, buses, and other mass transportation offerings;
- ◆ Walking and cycling for better health and a healthier environment;
- ◆ Purchasing recycled products for use in the home.

Do you have other ideas for supporting a sustainable environment? Please send them to Executive Director Angie Rabon. ■



Save the date!

Celebrate Active Aging Week with Waterford! Events are planned during the week of Monday, Sept. 21 to Sunday, Sept. 27. Watch for more information to come.

Conversation bubbles ... community visits with CEO



Resident Gail Kristensen (left) enjoys champagne and visits with Touchmark CEO Werner G. Nistler, Jr. during Werner's recent visit to the community.

Coming Events

Friday, August 14, noon
Style Show & Luncheon featuring styles from Go Casual. RSVP by August 10. Imperial Dining Room.

Sunday, August 23, 1:30 pm
Outing to Wilde Prairie Winery in Brandon. Please sign up at Front Desk.

There's no place like home



Apartment home 418 overlooks the inner courtyard and offers 693 square feet of living space with one bedroom and one bathroom. Call or stop by today to experience Waterford's carefree retirement lifestyle.

Team member spotlight: Pat Allsgaard



Since February 1999, Life Enrichment/Wellness team member and caregiver Pat Allsgaard has been enriching the lives of residents.

During her first two years at Waterford, Pat worked with residents receiving Assisted Living services. She then moved to Memory Care.

Memory Care Director Wendy Shrag praises Pat's ability to lead other team members in the quest for providing the highest level of care. "Her leadership is a strong attribute and relied upon by other employees, families, and residents," she says. In addition to her caring and calm demeanor, Pat's creativity and can-do attitude carry over into her work. She can often be spotted dancing a jig or singing with residents during music therapy sessions.

Her newest creation is Book Club with Pat. She encourages residents to read to one another to work the brain and build cognitive connections. She picks the book based upon each person's ability and shops on her days off to find books that residents may enjoy. ■

Share your time and talents

Research continues on the positive impact of "giving back" in regard to the physical and emotional well-being of the volunteer.

Residents are encouraged to participate in a wide range of civic engagement opportunities, and they devote countless hours to community service for deserving programs and organizations. Touchmark also invites volunteers from the broader community to support activities and services.

Want to volunteer? Learn more by visiting our Web site or calling a member of the Life Enrichment/Wellness team.