



A Touchmark® community
Est. 1980

Celebrate *active* aging!

Join Waterford in a celebration of a healthy lifestyle **Tuesday, September 22** from 1:30 to 3:30 pm. The Waterford Wellness Fair will encourage, motivate, and inspire you to incorporate healthy activity into your daily life—and reap the benefits.

• Take advantage of screenings, including blood-pressure and blood-glucose screenings by Assisted Living Manager Jackie Lofswold, RN, and back screenings by Sioux Falls Chiropractic.

• Tour a Waterford home and enjoy wine and cheese.

• Visit vendors.

• Complimentary foot scan for proper fit of shoes by Runner's Block.

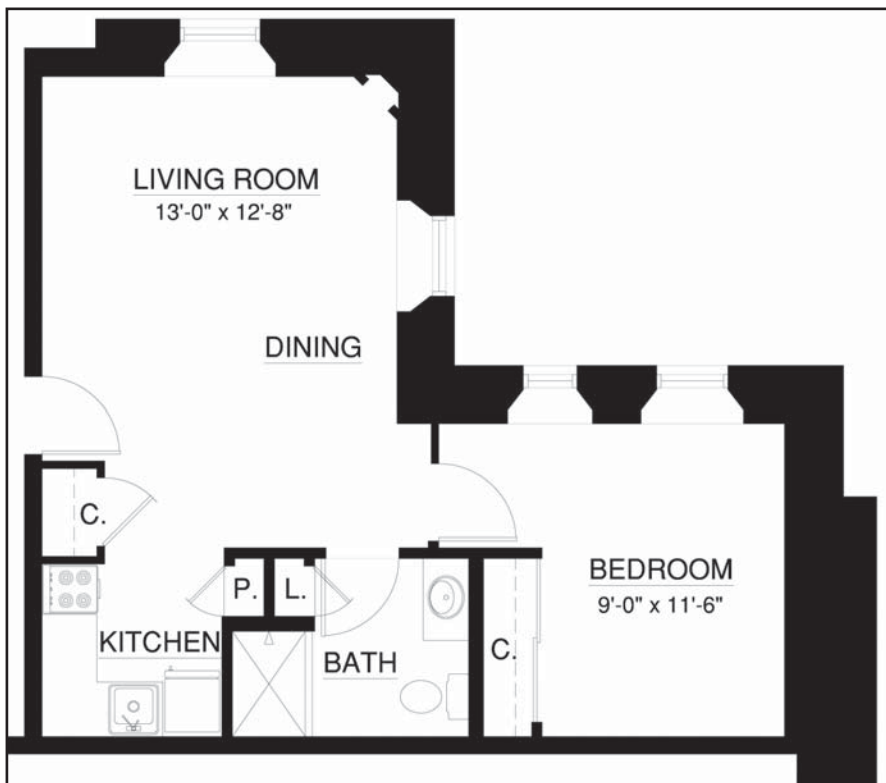
• Complimentary five-minute chair massages.

• Try your hand at Texas Hold'em. Take brain challenges, play Wii bowling, win prizes, and more!

Active Aging Week is the annual health promotion event organized by the International Council on Active Aging. The event is held each year during the last full week of September throughout Canada and the US and is designed to promote healthy and active lifestyles. ■



Picture yourself at Waterford!



The large windows of apartment home 251 allow natural light to pour into the home. Experience the Waterford lifestyle in this 512-square-foot home, which is located in Chapelwood, with one bedroom and one bathroom. Enjoy retirement living with all the amenities Waterford has to offer. Call or stop by today to learn more.

Proactive aging



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

“Today, gerontologists are discovering that age in years doesn’t necessarily correlate with physiological age. In fact, normal physiological aging is quite variable.”

—*Baltimore Longitudinal Study of Aging*

Over the past century, we have added 30 years to our life expectancy. The challenge is to ensure the quality of life during those years. The scientific community is in agreement about the successful strategies that need to be practiced by all of us to influence the quality of the aging process: exercise, a healthy diet, intellectual curiosity and stimulation, social engagement, and spiritual nourishment.

There are, however, several barriers that influence participation in this winning combination. Barriers include lack of access to appropriate programs and services, lack of social and emotional stimulation in the individual’s environment, a belief that it is too late to change, and a lack of encouragement and motivation

for making difficult changes.

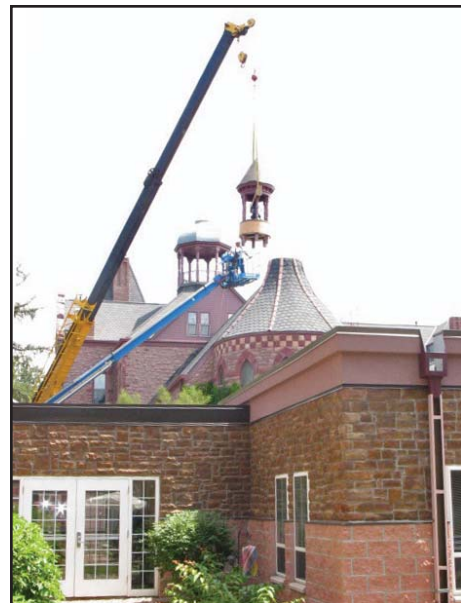
All of these barriers have been considered in Waterford’s Life Enrichment/Wellness programming:

- Access to programs and services is evaluated and improved on an ongoing basis;
- Social, intellectual, and vocational opportunities are provided in a variety of choices for each resident, based on his/her interests, strengths, and skills;
- Encouragement and motivation are provided and supported by professional staff and peers, who mentor and encourage residents as they make positive, practical choices for improved health and well-being.

September is Healthy Aging® month, and all Touchmark/Waterford communities will participate in Active Aging Week, Sept. 21-27, 2009. Events and activities will be featured to broaden awareness of the positive aspects of aging and to inspire participants of any age to improve their physical, mental, social, spiritual, and vocational well-being.

For information on Waterford at All Saint’s event, see the article on page one and check with the Life Enrichment/Wellness team members. Join residents and invited guests—and celebrate proactive aging! ■

Let the celebration ring



A crane lowers the bell tower into its resting place on top of the All Saints Chapel. The recently restored tower includes the original bell from when the Chapel was built. A champagne toast and dedication of the clock will take place Tuesday, Sept. 15 at 2:30 pm in the North Imperial Dining Room.

Unused books go to soldiers

As Waterford’s Sunset Library grows, duplicate and unused books must be removed to make room for new volumes. Kim Kristenson, Waterford massage therapist, has found a well-deserving and noble home for retiring books.

Kim packages the books and sends them off to Books for Soldiers, a nonprofit organization (*cont.*)

(cont.) dedicated to sending books, DVDs, CDs, video games, and relief supplies to US troops serving overseas. Just in 2008, the organization sent \$2.9 million in care packages to troops. Service members returning from duty frequently write the organization to let them know how much the support from home meant to them during their deployment.

To learn more about Books for Soldiers, visit www.booksforsoldiers.com. You also can make much-needed monetary contributions to the organization via its Web site. ■

A special thanks

“Give and Get is done for now! We had a new venue—Wellness Center Lobby,” says resident Frances Wagner. “Faithful ‘givers’ filled five tables and every corner with lovely clothes, books, videos, flowers, and more. Enthusiastic ‘getters’ cleaned us out, with leftovers boxed and donated to Volunteers of America. Donation basket money will be used to buy large-print books for the Waterford library.” ■

Resident donates state’s first TV to KELO

As Dorothy Vagstad was packing up her belongings and preparing to move out of her house and onto the historic All Saints campus, she came across the first television she and her husband had purchased together—a 1949 RCA Victor, purchased secondhand in Minneapolis in 1951. Not sure what to do with it, she decided she would either leave it in the house or throw it in the trash.

Dorothy’s daughter, Stephanie Goltz, had different plans. Knowing her parents’ television set was likely one of the first in South Dakota, she contacted a local

television station, KELO, who investigated the history of the set. Their research concluded that Dorothy’s may very well be the very first television ever used in the state.

You can read more about Dorothy’s piece of South Dakota television history, which she ultimately donated to KELO, at <http://www.keloland.com/NewsDetail6162.cfm?Id=0,87726>. ■

Recent event



Residents, like Alice Doscher (left), and staff members model fashion from Go Casual! during the annual style show and luncheon.



Coming Events

Thursday, Sept. 10, 11:30 am

Book review and luncheon with Candace Cameron. This month's featured book is *My Sister's Keeper* by Jodi Picoult. Seating is limited. RSVP by September 8. North Imperial Dining Room.

Tuesday, Sept. 15, 2:30 pm

Champagne toast and dedication of the All Saints clock with the ringing of the old chapel bell. North Imperial Dining Room.

Saturday, Sept. 19, 9:15 am

Bus leaves for the 20th Annual Alzheimer's Association Memory Walk® at Sertoma Park.

Monday, Sept. 21, 2:30 pm

Sculpture Walk.

Tuesday, Sept. 22, 1:30 to 3:30 pm

Active Aging Day.

Mining for words

Inside the word CHEERIOS are several other words that are made up of two or more letters. For example, core can be found in the word Cheerios. Find as many words as possible.

_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Answers (this is not a complete list, other answers be possible): Ore, is, she, he, hi, cheer, echo, choir, heir, chore, ice, here, hero, rice, sheer, rich, hire, rise, rose, score, shoe, sore.