



A Touchmark® community  
Est. 1980

# Bell from All Saints School rings again

Waterford celebrated the completion of a three-year interior and exterior remodel with a champagne reception.

Waterford is built on the grounds of the former All Saints School for girls, which was built in 1884. After operating the school for years, the Episcopal Diocese of South Dakota graduated its last class and closed the doors in 1986. Church leaders envisioned transforming the property into a retirement community, a dream that became reality when Touchmark purchased the property and opened Waterford in 1996.

Ten years later, in 2006, Waterford launched a \$5 million renovation that touched nearly every area of the retirement community.

“Since it opened in 1996, Waterford has been known as a

premier retirement community in Sioux Falls,” says Executive Director Angie Rabon. “This renovation—along with our well-regarded services and staff—reinforces that position. We have remained true to our heritage as we have enhanced the community.”

The three-year project updated Waterford’s lobby, entry vestibule, reception desk, living room, dining rooms, fitness room, craft room, memory care and assisted living neighborhoods, and garage elevator lobby. Earth-tone colors—yellow, tan, red, blue, and green—are evident in the new wall paint, furnishings, and carpeting.

The renovation also included an entire new exterior covering of cultured stone as well as an external insulation finish system.

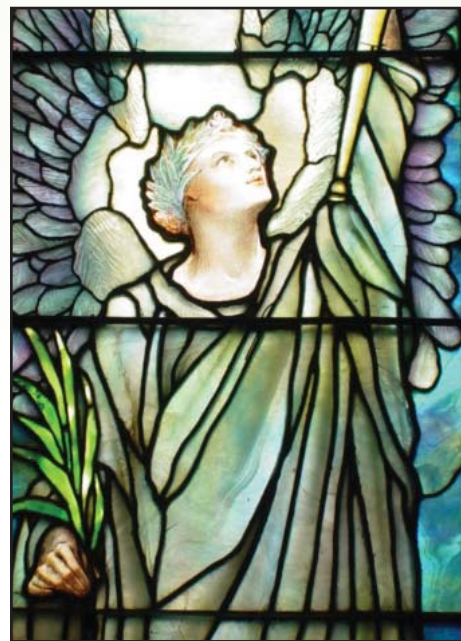
## Preserving history

When the Diocese sold the school, it stipulated that Waterford preserve the school’s historical significance. Waterford has honored this request, carefully polishing hardwood floors and woodwork, burnishing ornate doorknobs and retaining the chapel’s original organ and stained glass windows.

These windows have an interesting story: Millionaire John Astor purchased the windows from Tiffany’s in New York and gave them to Bishop William Hobart Hare, who built the school. *(cont.)*



For generations, the All Saints School was a center of education and community gatherings, including the annual Easter Egg Hunt (pictured) that started in the early 1900s. When Waterford opened, the community restored the traditional egg hunt.



Millionaire John Astor purchased the chapel’s windows from Tiffany’s in New York and gave them to Bishop William Hobart Hare, who built the All Saints School.

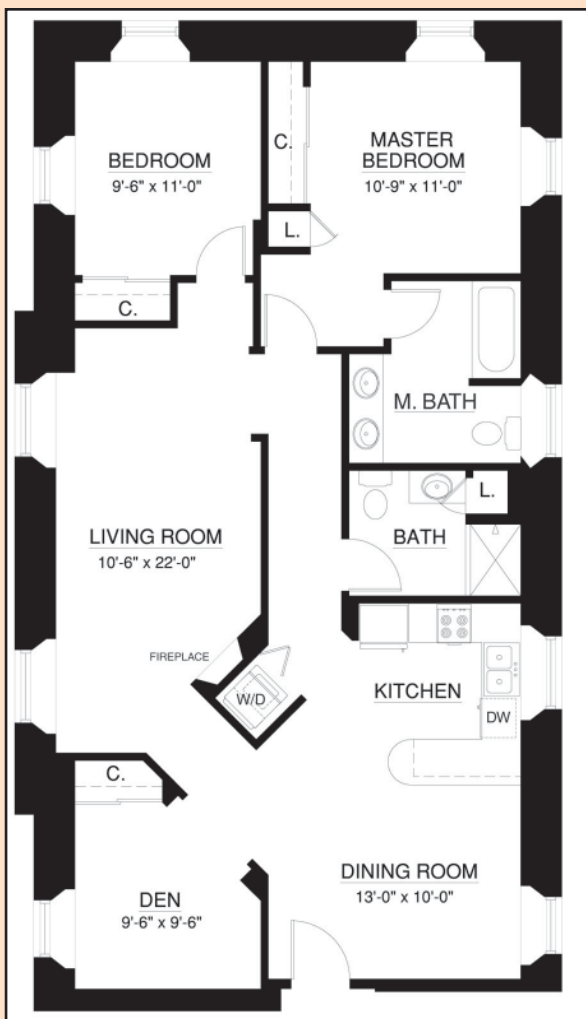
(cont.) They are believed to be the only Tiffany stained glass windows in South Dakota.

The outside of the Chapelwood building received special attention during this renovation. Waterford rebuilt the cupola and bell tower, refinished the bell itself, poured new concrete for the main stairs, replaced the north wooden stairway and rebuilt the main door and north porch. In addition, all roof dormers received a new coat of paint, the windows were given new trim and the chimneys were updated.

The bell has been inoperable for years. During this recent work, the bell was cleaned and a pulley system rigged so that the bell can be rung from the Chapelview courtyard.

During the ceremony, a mantel clock returned to its original home of All Saints. The clock was discovered by history buff and collector Michael Dane, who lives in Yankton, South Dakota. Dane purchased the clock from a friend in New Jersey, who had purchased the clock from an estate sale in Philadelphia. The clock is inscribed with the All Saints School name and dated September 17, 1885. ■

## Cozy up to the Waterford lifestyle



Surround yourself with All Saints history. Apartment home 352 is located in historic Chapelwood. The soaring ceilings of this two-bedroom, two-bathroom home add a sense of spaciousness, and the den provides the perfect space for reading, relaxing, or engaging in a hobby. Large windows allow natural light to pour into the 1,200-square-foot home. Call or stop by today for a personal presentation.

### Coming Events

#### Tuesday, Oct. 6, 2 to 4 pm

Join us for our annual Fall Festival. Admire homemade quilts, sample local coffees and wines, taste delicious fall desserts, and explore a variety of vendors.

#### Friday, Oct. 16, 2:30 pm

Welcome Tea. Stop by and welcome the newest members of the Waterford

family. North Imperial Dining Room.

#### Friday, Oct. 23, 12:30 to 2:30 pm

Resident & Staff Soup Cook-Off. Prepare a favorite soup recipe, or just stop by and taste the entries and vote for your favorites. Open to residents and staff. Heritage Room.

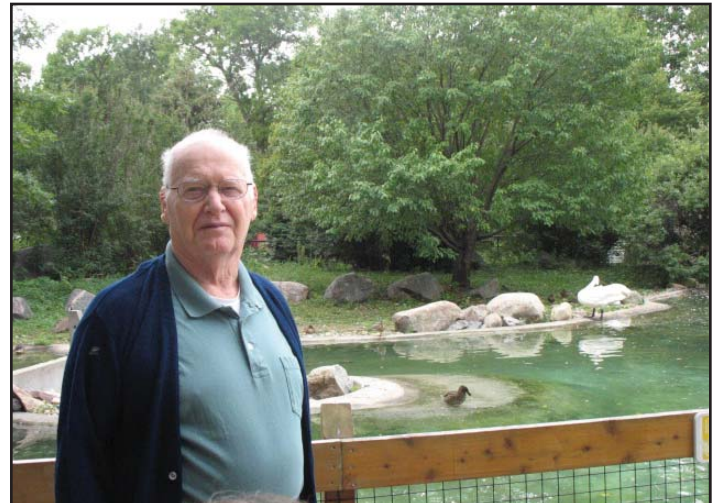
# Magic and discovery



Magic Joe, nephew of Life Enrichment/Wellness Assistant Vicki Bruse, performs impressive magic tricks with the help of residents DeLoris Erickson (top photo) and Illa Rott during a magic show.



Left to right: Kay Ortmeier, Memory Care Manager Wendy Schrag, RN, and Lora Smith-Mentzer feed the camel at the Great Plains Zoo.



Dale Ling enjoys a moment of serenity at the zoo's duck and swan exhibit.



Goats crowd around D'Mae Hong for a snack during Waterford's recent zoo outing.

## Fall ... a time for change



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

As the days grow shorter, and the leaves blaze with fall colors, it is time to renew body and spirit and to make commitments and decisions that support healthy living. Many older adults have spent years sacrificing and storing goods and resources for the “autumn years.” Yet, when it is time to access those resources, to make positive changes, it feels unnatural for many to focus on their own needs rather than those of their family members or friends and neighbors. In reality, the gift of putting oneself first can be the most important gift to loved ones.

“Happiness is not something you postpone for the future; it is something you design for the present.”

—Jim Rohn, author, *The Art of Successful Living*

Healthy aging requires evaluating the components that determine the quality of each experience, each day, and each opportunity to thrive not just survive. Most adults admit a desire to maintain control over their lives. In order to preserve

control, though, it is important to be surrounded by individuals and environments that support one’s goals and resources. Here are a few questions designed to help evaluate your situation.

**How strong am I?** Are you strong enough to get through the requirements of each day? If not, try to determine what it would take to make that possible. Downsizing, taking advantage of available transportation support; assistance with housekeeping or exterior home chores might all be part of the solution. Lifestyle changes also may play a role; exercise, nutrition, and rest are three areas to explore.

**How happy am I with my relationships with friends, neighbors, and family?** When our peer group changes, we are often left with a schedule void of meaningful interactions, shared confidences and plans, and spontaneous moments. Those valued moments may be replaced by empty hours. If that is the case, it may be time to reach out for new activities, liaisons, and/or social opportunities.

**Do I have trusted advisors?** Doctors, lawyers, financial advisors, and spiritual leaders are critical to our well-being and informed decision making—not to mention helpful for a good night’s sleep. Individuals serving in these roles are not guaranteed a lifetime appointment. Evaluate the results of these important relationships, and don’t be afraid to make changes, if needed.

What else can I do to support a healthy aging process? Sharing your life wisdom and skills is vital to your well-being as well as the well-being of those around you. Stay connected. Give back to others. Use your valuable attributes and enrich others’ lives ... reach out for those opportunities.

At Waterford, the Life Enrichment/Wellness program provides opportunities to connect with all of the support and services needed to answer these questions with a positive response and outcome. For additional information on opportunities—both to give and receive services—contact Director of Life Enrichment/Wellness Krista Musser. ■

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## It’s flu season

—Winona Phelps, RN

Touchmark Nurse Consultant

It seems like every day brings news about influenza. This year, there is even more heightened awareness due to the emergence and news coverage of H1N1 flu.

The symptoms of seasonal flu and H1N1 are similar and include fever, headache, fatigue, cough, runny or stuffy nose, sore throat, body aches/chills. Some people who have H1N1 may also experience nausea, diarrhea, vomiting, and sudden dizziness.

We are recommending vaccination against seasonal (*cont.*)

(cont.) flu and H1N1 as outlined by the Centers for Disease Control (CDC) vaccination priority lists. We also encourage you to stay informed of any new information. Two good Web sites are [www.cdc.gov](http://www.cdc.gov) or [www.flu.gov](http://www.flu.gov)

At all times, it is important to practice healthy lifestyle habits, such as:

- Cover your nose and mouth if you cough or sneeze—viruses spread person to person through droplet infection.
- Avoid touching your eyes, nose, and mouth.
- Wash your hands thoroughly and often. Alcohol-based hand

gels also are effective against the flu virus, and it's helpful to have those on hand—and to use them.

- Eat a balanced diet and drink plenty of water.
- Get enough sleep, typically seven or more hours each night.
- Stay home if you are sick and wait at least 24 hours after fever is gone without the use of medications before you return to work or socialize with others.
- Avoid contact with sick people.

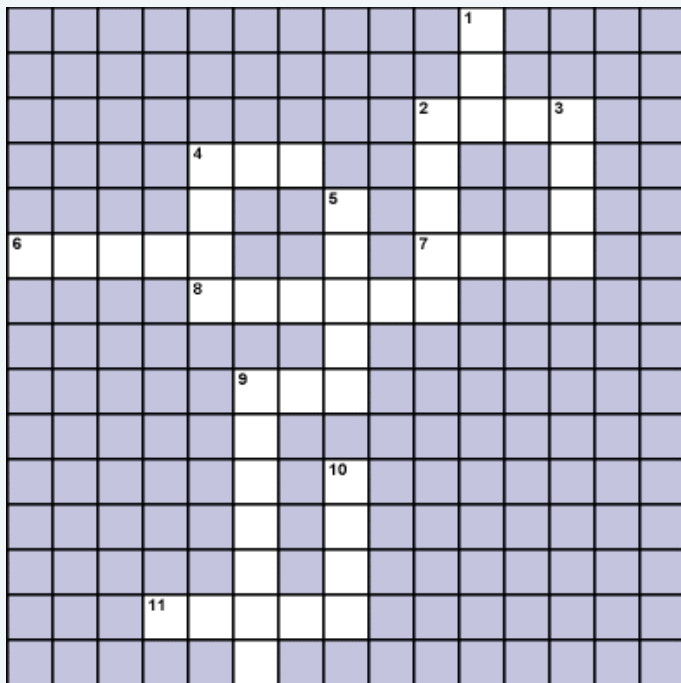
Check with your doctor if you experience any of the flu symptoms listed above. Seek medical treatment at once if you experience more

severe symptoms, such as shortness of breath, difficulty breathing, signs of lower respiratory illness, or worsening symptoms.

There are antiviral medications your doctor may decide are appropriate for you that can help to shorten the duration as well as the severity of symptoms and can help prevent complications, including pneumonia.

Above all, remember that most people recover from a flu illness after a few days. Take care of yourself and be well! ■

## Crossword Homophones



Find the word that has the same sound as the clue but is spelled differently.

### Across

- 2. red
- 4. by
- 6. clothes
- 7. our
- 8. wait
- 9. aunt
- 11. there

### Down

- 1. sea
- 2. write
- 3. dear
- 4. blue
- 5. knight
- 9. aloud
- 10. for

**Answers**  
**Across:** 2. Read; 4. Buy; 6. Close; 7. Hour; 8. Weight; 9. Ant; 11. Their.  
**Down:** 1. See; 2. Right; 3. Deer; 4. Blew; 5. Night; 9. Allowed; 10. Four.

## Celebrating and supporting health and well-being



Waterford residents and team members participated in the local Alzheimer's Association Memory Walk® in Sertoma Park. The walk raised more than \$20,000. Later in the month, the community continued the celebration of health and well-being during the Waterford Wellness Fair. The event was in honor of Active Aging Week, an annual health promotion created by the International Council on Active Aging. Some of the day's events included blood-pressure and blood-glucose screenings, back screenings, skin screenings, five-minute chair massages, Wii bowling, Texas Hold'em, and brain challenges.