

It's soup season

During the recent Soup Cookoff, the aroma of bubbling hot soups filled the air as residents and staff sampled the savory creations and voted for their favorites. Linda Claussen's Chicken & Wild Rice Soup took home top honors, fetching Linda a gift certificate to a local restaurant.

Recreate Linda's spectacular soup at home with the following recipe:

Chicken & Wild Rice Soup

- 1 box regular Uncle Ben's Wild Rice
- 1/2 c. chopped onions
- 1/2 c. chopped celery
- 3 T butter or margarine
- 2 cans cream of potato soup
- 2 cans milk
- 1 jar of Hormel® Real Bacon Bits
- 1/2 to 1 c. Velveeta cheese
- 1 deboned chicken, cut up

Prepare wild rice according to box directions. As rice is cooking, sauté onions and celery in the butter.

Combine all ingredients. If soup is too thick, add more milk. ■



Resident LeRoy Arneson prepares a new recipe for the Waterford Soup Cookoff.

Let the "Sunshine" in!



Sunshine D. Cady

Waterford welcomes Sunshine D. Cady to the sales team. Born and raised not far from the All Saints Campus, Sunshine joins Waterford with more than 20 years experience in sales and marketing.

Sunshine attended Christ the King Elementary and graduated from O'Gorman High School. Immediately following

graduation, she moved to the Black Hills and then to the mountains of Idaho for several years. Sunshine returned to Sioux Falls to raise her sons Travis and Justin. They currently attend the University of South Dakota in Vermillion. Sunshine and her husband Terri were married in the Waterford at All Saints Chapel.

Sunshine enjoys crafts, golf, jigsaw puzzles, bike riding, and old movies. ■

Nurturing our spiritual selves



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

“The spiritual is not one dimension among many in life; rather, it permeates and gives meaning to all life. The term spiritual well-being, therefore, indicates wholeness in contrast to fragmentation and isolation.”

—Thorson and Cook, 1980, *National Interfaith Coalition on Aging*

Inbalancing our time, energy, work, recreation, family responsibilities, community commitments, and daily tasks, sometimes the last priority is the nurture and care of our spiritual selves. In fact, sometimes we run out of day before we run out of “have-tos” that are all outside the domain of spiritual nurturing.

How important is it for us to nurture our spiritual selves? According to David Moberg and other prestigious researchers who are part of the National Interfaith Council on Aging (NICA), “spiritual well-being is the affirmation of life in a relationship with God, self, community, and environment.”

How is it that we don’t quite get around to the self-support of that

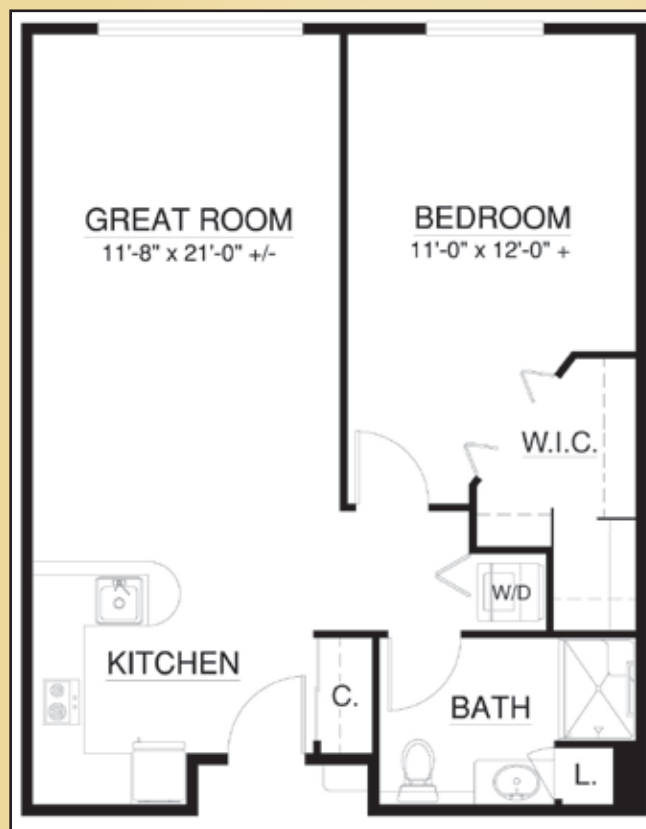
important leg of the mind, body, spirit triangle? For many, it is simply too difficult to schedule personal spiritual enrichment as a “must.”

In all research conducted in the area of spiritual well-being and healthy aging, the results show less isolation, loneliness, despair, hopelessness, sadness, and unresolved grief in individuals who self-report they have a spiritual connection. Overall, they also report better health and daily function. Depressive disorders are less

prevalent in this same population.

During this busy holiday season when commitments and activities often accelerate, Waterford at All Saints encourages you to nurture and care for your spiritual self and join us for any and all of our spiritual events and offerings. For more information on scheduled classes, services, and special events, contact Life Enrichment/Wellness Director Krista Musser. ■

Ring in the new year in your new home!



Leave behind worries about frozen pipes and shoveling snow as you enjoy the Waterford lifestyle. Apartment home 308 offers 734 square feet of living space, a spacious bedroom, and one bathroom. Call or stop by today for a personal presentation.

Hats off to residents!



From left: Illa Rott, Facilities Manager Bob Buller, and Jean Lowary model hats during a recent Give and Get.

Coming Events

**Sunday, Dec. 6,
2:30 pm**

Norse Glee Club performance in the All Saints Chapel.

**Monday, Dec. 7,
6:30 pm**

Depart for Advent Festival of Lessons & Music. The program includes Bible readings foretelling the coming of Jesus, along with music of the season. Music by the Dakota String Quartet, the Calvary Cathedral Choir, and organist Diane Van Den

Oever. No charge. Calvary Episcopal Cathedral.

**Tuesday, Dec. 8,
7 pm**

El Raid Shrine Chanters perform in the All Saints Chapel.

**Saturday, Dec. 12,
10:30 am**

Christmas and holiday craft with local Girl Scouts. Second-floor Family Room.

**Saturday, Dec. 12,
3:30 pm**

Christmas and holiday music sing-along with local piano students.

North Imperial Dining Room.

**Sunday, Dec. 13,
2 to 5 pm**

Waterford's Annual Christmas and Holiday Social for residents, families, and invited guests. Enjoy hors d'oeuvres and entertainment.

Imperial Dining Room. RSVP required. Watch your mail for a personal invitation.

**Monday, Dec. 14,
2:30 pm**

Making krumkaka with Elizabeth & Beth. Second Floor Family Room.

What's the caption?



Touchmark is introducing a humor feature in the newsletters. This month's selection requires some creative thinking. Write a funny caption for the photo above and submit it, along with your name, to the Life Enrichment/Wellness team. A few captions will be selected to run with the photo in next month's newsletter.

Here's a sample caption: Hey, I can't lose! If my score is low, I'll say I was golfing. If it's high, I'll say I was bowling. I'll win every time!