

# Volunteers give their heart—and paws—to Waterford

Dizney, the golden retriever, pads into Waterford. Faces light up. As residents stroke Dizney's warm fur, fond memories of childhood pets return. It's pet therapy day.

Volunteer Carol Everetts has visited Waterford on a regular basis since her mother moved to the community nearly eight years ago. When Carol adopted the fluffy golden retriever puppy, she stopped by Waterford to introduce Dizney to her mother and other residents.

Not long after adopting Dizney, Carol adopted a second golden retriever, Dandy, with the intention of entering both in dog shows. While they have competed successfully in obedience and agility, perhaps even brighter than any show medals are the smiles of those touched by the dogs' visits. Dizney and Dandy are certified pet therapy dogs and visit many Sioux Falls residents each year.

## Getting certified

"Pet therapy was something that was always an interest to me," says Carol. "Other members in our local kennel club we belong to had done some pet therapy work." Carol had the dogs certified as pet therapy dogs in 2007.

During the certification process,

the dogs were evaluated for their temperament and their ability to be around people, wheelchairs, and other dogs. They also must know basic obedience commands, stay in one place with someone other than their handler holding them, and not get agitated or afraid. "Dizney and Dandy were socialized as puppies, and their dog show experience also made the certification process easy," says Carol. "But it is different with all dogs."

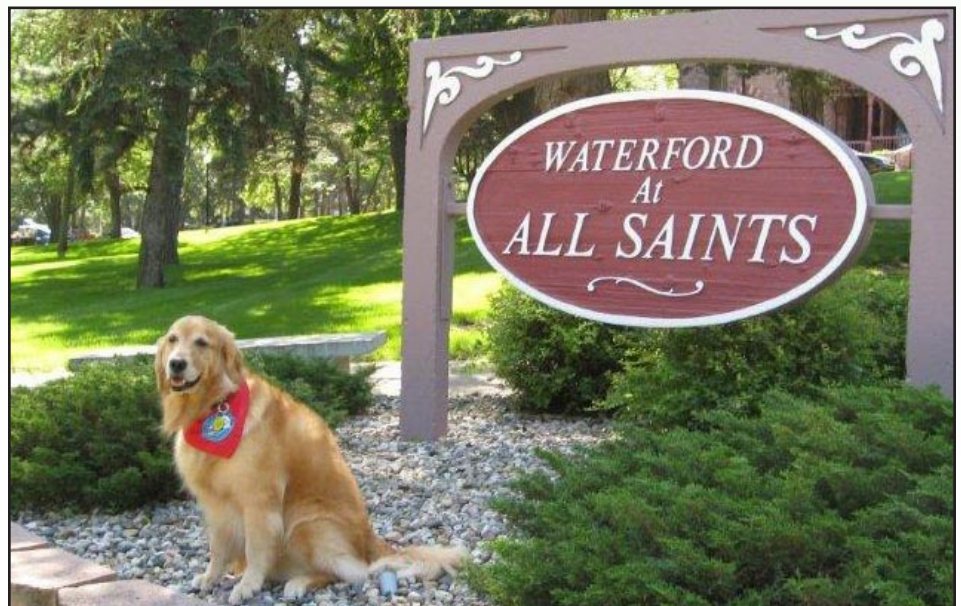
As members of Sioux Empire Therapy Dogs International, Carol, Dizney, and Dandy keep a very busy schedule. Each week includes

two or three visits to retirement communities, hospitals, and schools. They visit Waterford every month.

## Benefits for all ages

Carol and the dogs are even helping young children in the Tail Waggin' Tutors program. Stroking the dogs' soft fur calms the children, as they practice their skills by reading aloud to the dogs. Dizney and Dandy are a very captive and patient audience.

Pet therapy provides several benefits to those who enjoy visits from the well-mannered canines. "There was one lady living (*cont.*)



**Dizney (pictured) is owned by volunteer Carol Everetts and regularly visits the Waterford community with Carol and fellow certified pet therapy dog Dandy, also a golden retriever. Carol, Dizney, and Dandy visits hundreds of Sioux Falls residents each year.**

(cont.) in Waterford's memory care [neighborhood] who always had golden retrievers throughout her life," says Carol. "Whenever I brought the dogs in to see her, she'd light right up. She'd talk to the dogs and pet them.

"It's funny how the dogs remember certain people," adds Carol. "They always walk right over to the people they know and are so happy to see them again and proudly offer a paw to shake.

"Therapy dogs add so much to peoples' lives, especially anyone who can't have a dog of their own. It helps them a lot to be able to pet a dog, and it reminds them of their own dogs."

In addition to their scheduled visits, Carol and her dogs join the

Waterford team for The Alzheimer's Association Memory Walk® each year. They also enjoy bumping into members of the Waterford community when they are out and about in town. "I've seen Waterford residents and staff at parades and at the grocery store," she says. "Woody, the bus driver, always talks to Disney whenever we come in to visit."

### A win-win situation

Like many volunteers, Carol feels that she gets just as much out of the monthly visits as do the residents. "It's just a total benefit to the handler. You get to meet new people and hear stories about their dogs from the past," she says. "A lot of the residents lived on farms and had farm dogs. I've heard stories of little dogs who always brought in the cows at a certain time every



**Dandy and Disney, certified pet therapy dogs, are ready for a visit.**

day. It's fun to hear their stories and see the residents enjoy interacting with the dogs. It really cheers you up, too. The staff at Waterford is very welcoming to pet therapy and enjoy having the dogs come to visit as much as the residents. Even the receptionist keeps doggie treats on hand just for our visits!"

Disney and Dandy seem to enjoy the visits, as well. Disney even waits by the door as they prepare to leave home. Before any visits both dogs are groomed, with nails and whiskers all trimmed by Carol's husband Dan.

### Volunteers make Waterford click

Waterford is fortunate to have wonderful volunteers, such as Carol, contributing to the life-enriching programs and community. For more information about volunteering at Waterford, visit [waterfordsiouxfalls.com/sioux-falls-sd-senior-volunteer](http://waterfordsiouxfalls.com/sioux-falls-sd-senior-volunteer) or talk with a Life Enrichment/Wellness team member. ■

## Spring into the good life!



**Home 113 is a 447-square-foot studio apartment. The programs and activities available as part of Waterford's national award-winning Life Enrichment/Wellness program are as rich as the vibrant history of the All Saints campus. Call or stop by today for a personal presentation.**

## Three cheers for volunteers!

In recognition of National Volunteer Week, Waterford extends a warm “thank you” to the volunteers who contribute so much to the community. The following volunteers donate their time and talents to enrich the lives of those who live and work at Waterford:

**Beverly Waldhelm** provides complimentary magnetic massages once a month.

**Yuefeng Chen** spends two evenings a week socializing and assisting during evening activities.

**Lucy Benitez**, a high-school student, leads a drawing class.

**Candace Cameron** leads monthly book reviews.

**Jan Enger** pampers residents once a week with manicures.

**Father Joyce** serves as the community’s Catholic priest and has offered services at Waterford for over 14 years.

**Jan Knutson** volunteers twice a week in the memory care neighborhood, helping with arts and crafts and bingo. She often is called upon for special events.

**Carol Everetts** and her four-legged friends Disney and Dandy visit on a monthly basis.

Resident **Wynona Brown** spends one morning a week reciting poetry and inspirational readings

to residents in the memory care neighborhood.

Resident **Jody Swenson** leads Readings with Jody every Monday afternoon.

Resident **Patty Berger** serves as the library coordinator and leads the Knit Wits knitting club.

**Mary Soukup** assists her fellow residents in crafting dazzling creations in the bimonthly bead-making classes.

Resident **Illa Rott** leads the quilting groups throughout Waterford.

**Hazel Wheeldon** keeps residents’ card-playing skills finely tuned by offering bridge lessons.

**Ida Wilson** assists the front desk with monthly mailings.

**Margaret Haugan** visits residents and helps several people write letters.

**Kay Walsh** leads weekly rosary.

**Humane Society** volunteers bring puppies to Waterford once a month for a pet therapy visit.

**Quilters** Ellen Lang, Jean Lowary, Illa Rott, and those participating in Quilting with Illa group donate their time and talents making lap robes, which are donated to the patients of Asera Care Hospice.

**Knit Wits**, Waterford’s knitting club, whose members knit hats, mittens, and scarves that are donated to children overseas.

**Waterford Resident Committee members**, including Beverly Greenfield, Gail Kristensen, Norma DeGroot, Frances Wagner, Betty Nelson, Vivian Wubben, Alice Doscher, Ruth Fenner, and Elizabeth Balcer. ■

### Coming Events

*Contact a Life Enrichment/Wellness team member for additional details, including registration and transportation information.*

#### Saturday, April 3

Easter Celebration.

**10 am:** Annual Easter Egg Hunt. Waterford front lawn.

**10:30 am:** Easter Chapel Service.

**11:30 am:** Easter Buffet for residents and families. RSVP required.

#### Tuesday, April 13, 3 pm

Spring Artists in Praise.

Stop by for this springtime story, told through song and drawing. Chapel.

#### Saturday, April 17, 10 am

Men’s Breakfast Outing to Perkins. Please RSVP.

#### Sunday, April 25, 4 pm

Students of Doosook Kim of the South Dakota Symphony Orchestra will perform their spring violin recital. Chapel.

## What's Cookin'?

Once a month, residents and staff share a favorite recipe. This month, there are two tasty recipes to share. Front Desk Receptionist Linda Claussen shares her winning recipe from Waterford's Chili Cookoff, and resident Alice Doscher shares her pecan meringues (the featured recipe for the monthly baking class).

### 2010 Chili Cookoff Winning Recipe

2 pounds Honeysuckle White® fresh ground turkey  
1 large white onion, diced  
3 cloves fresh garlic, diced  
1 (29 ounce) can tomato sauce  
1 (28 ounce) can diced tomatoes  
1 (14.5 ounce) can stewed tomatoes  
1 (15 ounce) can chili beans in chili sauce  
1 (16 ounce) can kidney beans (drained but not rinsed)  
1/2 teaspoon chili powder (or to taste)  
salt and pepper to taste

Slowly brown turkey, onion, and garlic in large frying pan. Combine browned ingredients in large pot with remaining ingredients, adding just enough water to rinse out juice from each can. Cook over low-medium heat, and let simmer for three to four hours, stirring occasionally.

### Pecan Meringues

2 cups pecans cut in quarters  
2 large eggs (whites only)  
3/4 cup brown sugar  
1/2 teaspoon vanilla

Beat egg whites until they are soft peaks. Gradually beat in brown sugar and vanilla. Fold pecans into the egg mixture. Spray pans with cooking spray. Using a spoon, scoop and drop dollops of the mixture on the pan one inch apart. Bake at 250 degrees for a half hour. Turn off the oven. Leave the cookies in the oven for another half hour to cool. ■



**Resident Alice Doscher prepares pecan meringues for the baking class.**

## A chili feast



**From left: Evelyn Matter, Jean Lowary, and Frances Wegner pick their favorite chili entry.**



**From left: Verna Moreland, Bob Locken, and Dorothy Golden sample the delicious entries at Waterford's Chili Cookoff.**

# Moments of Pride—in the future



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

*“What a difference a generation makes. Yes, there have always been people who lived to be very old, but never before have so many people lived so long—and never before have so many lived so strong.”*

*—Jack Rosenthal, president of the New York Times Company Foundation and chairman of ReServe*

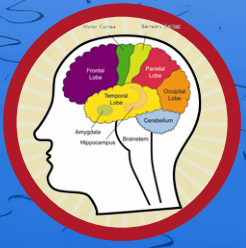
The 2010 Moments of Pride theme for Touchmark’s 11 communities is not just about the past. It is very much about the present and the future. Longevity may be the most important contributor to solving many—if not most—of the world’s current problems. The wisdom and life experience of older adults around the world can and does make a difference in solving some of the most perplexing problems, such as poverty, the environment, and even world peace.

ReServe is a fast-growing nonprofit organization of older adults dedicated to fulfilling the mission of using lifetime skills to give back to society. So far, it has enlisted 1,000 older adults in New York who are eager to volunteer their talents and time. Now ReServe is about to go national—and hopefully international in the future. Its goal is to find partners in other cities who also recognize the value of enhanced longevity.

In addition to ReServe, other similar organizations include Civic Ventures, Experience Corps, and many others. All of them match the mission of the Civic Engagement category of the Full Life Wellness & Life Enrichment Program at all Touchmark communities. Resident and team member volunteers are active in all

locations where Touchmark has a presence. Partnering with the greater community in cities in the United States and Canada is a tradition that creates moments of pride and also makes a lasting difference to both the volunteers and the surrounding city.

If you are interested in serving as a volunteer at a Touchmark community or the surrounding community, contact a member of the Life Enrichment/Wellness team to find a suitable outlet for your talents, time, and skills. It is true that “if it is going to be, it is up to me” ... not someone else. ■

Brain Builders


Change one letter in each word to make a new word. The theme is food. The first two are done for you.

1. DREAD: __ bread__	10. SOUL: _____
2. MILL: __ milk__	11. EGO: _____
3. BATTER: _____	12. BATON: _____
4. HEAT: _____	13. HAT: _____
5. MEET: _____	14. RIDE: _____
6. BORN: _____	15. STEAL: _____
7. DEMON: _____	16. DISH: _____
8. FORK: _____	17. TUNE: _____
9. REEF: _____	18. OATH: _____

**ANSWERS**

1. bread 5. meat 9. beef 14. rice  
 2. milk 6. corn 10. soup 15. steak  
 3. butter 7. lemon 11. egg 16. fish  
 4. beat 8. pork 12. bacon 17. tuna  
 13. ham 18. oats

## Brain and wellness experts present at national conference



Associate Professor of Psychology at Western Oregon University (and author of the book *Train Your Brain: How to Maximize Memory Ability in Older Adulthood*) Rob Winningham, PhD, and Touchmark Vice President of Wellness & Programs Marge Coalman,

EDD, presented at the 2010 Annual Conference of the National Council on Aging and the American Society on Aging in Chicago. More than 4,000 people from around the world attended. The title of their presentation was *From Research Laboratories to Communities: Best Practices for Memory Enhancement Programs*.

## A sampling of captions

Last month, team members and residents submitted their funny captions to accompany this photo. Here's a sample from various communities.



"Stick 'em up! This a robbery."

~ Resident Marion VanDinter

"Two naughty raccoons minus the dunce cap."

~ Resident Eve Brouard

"Hallelujah."

~ Resident Nancy McLaughlin

"What's the big deal. We didn't mean to do it."

~ Resident Larry VanZummeren

"Thank you ladies and gentlemen, and for our next number ..."

~ Resident Clare Peters

# 2010 in

### 20 Tips to Wellness You Can Do in 10 Minutes™

Team members and residents are gathering and sharing wellness tips for moments of engagement that can be done in 10 minutes or less. These tips cover all six dimensions of wellness (physical, social, intellectual, emotional, spiritual, and vocational) that are needed to nurture the whole person.

- Start a craft project.
- Start a downsizing project.
- Call a sibling or longtime friend and reminisce about childhood.
- Invite a friend to lunch.
- Decorate your home for a holiday.
- Take a nap.
- Hug someone.
- Try a new food.
- While watching television, take a stress ball and squeeze it with one hand for a count of six. Switch the ball to the other hand and repeat.
- Read a funny book or magazine.