

A four-legged team member

Caregiver Tisha Ganske carpools to work. When she arrives at Waterford, her passenger jumps out of the car and runs barefoot into the Memory Care neighborhood and heads straight to resident Joyce Kohler, who offers her guest a snack while they visit. While the one-year-old Shih Tzu isn't on the payroll, Snickers still does rounds in the Memory Care neighborhood with Tisha.

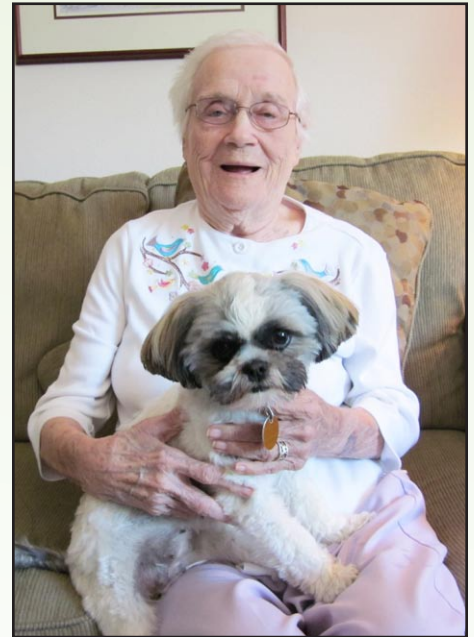
When Tisha adopted Snickers one year ago, she immediately began taking the puppy to work with her.

"I've heard a lot about how dogs are good for people with cancer or seizures, and I was curious to see how Snickers would help residents who are living with dementia," says Tisha. "It has been a real eyeopener. If someone is in a bad mood, I'll

take Snickers up to them, and she cheers them right up."

The Waterford community strives to enrich people's lives, and Tisha and Snickers take that to heart. "I enjoy my job," says Tisha, who has worked at Waterford for nearly five years. "I like making the residents smile, I like sitting with them and showing them magazines. And seeing them smile when Snickers walks into the room is rewarding."

As for Snickers, a warm smile, a pat on the head, and the occasional dog biscuit are all she needs. Sometimes the residents call her by the name of a beloved pet from years past, but Snickers doesn't seem to mind. "She's got several names," says Tisha. "She brings back memories for the residents." ■



Snickers and Joyce Kohler share a special bond and enjoy regular visits. Snickers especially enjoys the dog biscuits that Joyce provides.

A community of friends



Rosemary Peritz cuddles Mason Hendrickson, son of Memory Care Med Aide Megan Hendrickson. Residents recently held a baby shower for Megan and her baby boy.

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Delores Flynn gets a chance to hold Mason.

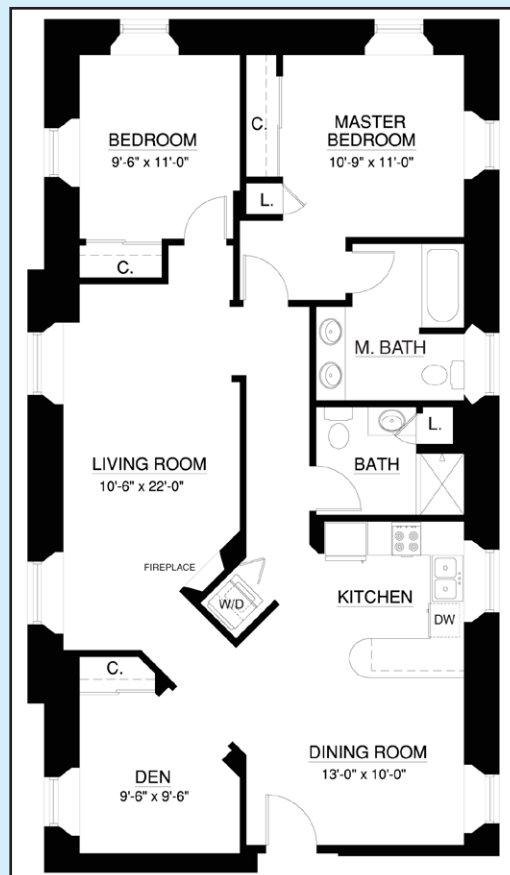


Harriet Hybertson (left), Joyce Profilet, Bev Greenfield, and Alice Doscher listen to the musical beat at the Sioux Falls Municipal Band Concert.



Dale Ling expresses his inner Picasso during a recent Painting with Laura session.

All that and more



A community of friends and fun, rewarding pursuits ... delicious meals ... beautifully appointed homes ... you'll find all that and more at Waterford! Apartment home 352 offers two bedrooms, two bathrooms, and a den. Call or stop by today for a personal presentation of this 1,200-square-foot home.

Active Aging Week September 20 to 26

Be active your way. It's the theme for this year's annual health promotion event,

which was created by The International Council on Active Aging. Look for details in next month's newsletter and the Life Enrichment/Wellness calendar.



2010

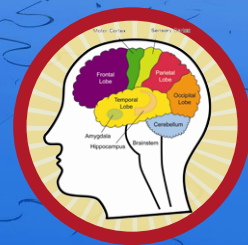
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20 Tips to Wellness You Can Do in 10 Minutes™

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.

- Take some pictures.
- Read the cartoons in the newspaper.
- Ride a stationary bike.
- Talk with a neighbor.
- Write and mail a letter.
- Say hello to five people.
- Do arm exercises while watching television.
- Polish shoes.
- Make and eat a sandwich.
- Fill a bird feeder.

Brain Builders



Think of first names for each letter provided. Fill in the blank using the letter provided as the first letter.

Example: Adam

A _____	J _____	S _____
B _____	K _____	T _____
C _____	L _____	U _____
D _____	M _____	V _____
E _____	N _____	W _____
F _____	O _____	X _____
G _____	P _____	Y _____
H _____	Q _____	Z _____
I _____	R _____	

Going Green: the 7th dimension of whole-person wellness



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

"It is not necessarily those lands which are the most fertile or most favored climate that seem to me the happiest, but those in which a long stroke of adaptation between man and his environment has brought out the best qualities of both." — T.S. Elliot

Although he died in the first half of the 20th century, this famous quote from T.S. Eliot—author, poet,

playwright, and a man ahead of his time—is truer today than it was in his generation. Harmony with nature and conservation of natural resources are on the agenda of organizations around the world.

In North America, we are fortunate not to have the frequency of pestilence, famine, drought, plagues, and other major environmental crises that our global neighbors do. In fact, we have the means and opportunities to enhance the environment that many nations lack.

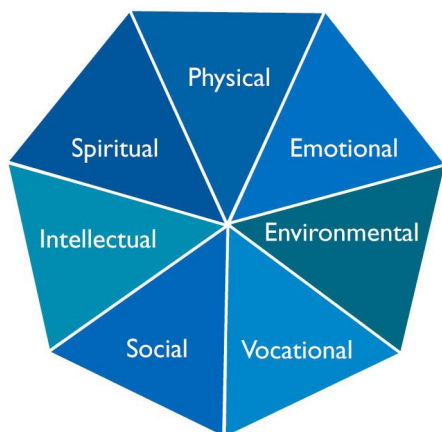
A pertinent question is what's it like in your back/front/side yard and neighborhood? Are citizens in your community in concert with preserving the environment for your enjoyment—and generations to come?

Touchmark strives to enhance the natural settings in all 11 locations in the USA and Canada. The critical element in making a difference is the people who live and work in the communities. It's truly the *(cont.)*

(cont.) residents, team members, families, and neighbors who each day work to sustain the natural beauty and function of the land and its resources.

These individuals garden, recycle, use scheduled transportation instead of single-car transport, add green energy options to their homes, and participate in neighborhood enhancement projects. All of these efforts reduce the carbon footprint, improve the nature-human relationship, and strengthen our individual and collective wellness.

As the International Council on Active Aging moves forward with its “Going Green” initiative, each Touchmark community will be committed to the seventh dimension of wellness: the environmental dimension. To join the efforts of residents and team members at Waterford, contact a member of the Life Enrichment/Wellness team. ■



Coming Events

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

Sunday, Aug. 8, 11:30 am to 2:30 pm

Resident, family, and staff picnic. RSVP by Aug. 4 at the front desk.

Friday, Aug. 13, 6:45 pm

Classical guitarist Samuel Foster performs in the All Saints Chapel.

Wednesday, Aug. 25, 6:45 pm

Falling In Love with Swing. Entertainment by Ken & Trudy Lee. All Saints Chapel.

Tuesday, Aug. 31, 4 pm

The Man Cave, featuring “meat sampling.” For more information about this men’s group, talk with a member of the Life Enrichment/Wellness team. Sunset Library.

Just for laughs!

Enjoy the Dog Days of Summer ...

