



A Touchmark® community
Est. 1980

Celebrating Moments of Pride: Discovering history

The 2010 theme for the award-winning Life Enrichment/Wellness program is Moments of Pride. Throughout the year, Waterford will feature photos and stories that highlight moments of pride for residents and team members.

Not many people have the option of picking up a book and reading an intriguing account of the history of their family, with stories spanning over three centuries. Thanks to the dedication and determination of resident Jody Swenson and her brother, Dwain Dedrick, their children and grandchildren can do just that.

Jody and Dwain's quest to learn more about the Dedrick family history began when their father died in 1979. "My father knew nothing about his history except that he was named after his grandfather ... and something about Wisconsin," says Jody. She and Dwain began dabbling in research when time permitted.

When Jody's husband's sister learned that Jody was doing some genealogy research, she asked if she would help research the Swenson family tree.

"She talked me into helping her with their family history," says Jody. "I nosed around a little ... and found a lot more than I had bargained for, so my family's went aside for a bit, and I finished his family's first—which is good. I never would have done his if I hadn't done it first."

Jody learned that her husband's family came to America from Norway after the Civil War and settled in Iowa. "I found out they had a weekly newspaper printed every week in Inwood, Iowa, where my husband's from. I spent the winter down there at the newspaper office, one afternoon a week, and went through old newspapers. They had originals back to 1891 of this little four- or five-page paper, and I looked for the names of relatives in the paper. I came upon some fun things, such as that Mark's dad and his uncle filled silos on Thursdays."

When Jody had completed her work on Mark's family history, she was ready to revisit her own personal genealogic quest, and Dwain was ready to dig (*cont.*)



After years of research, Jody Swenson and her brother finished researching and writing a book on family history. Jody and her sons are pictured before going to the publisher to pick up the finished book.

(cont.) back into the project with her. “It’s wonderful to have someone to do it with,” she says. “My brother and I would call each other and say, ‘I had the most exciting day, I walked through a graveyard!’ ... No one else appreciates that.”

Jody and Dwain traced their history back to 1660, when the DuBois family came to America from France and settled in what is now New Paltz, New York. Jody and her husband, Mark, visited the town while on a New England fall foliage tour in 1988. “We ate in the DuBois Fort in New Paltz. I got to stand and eat in the room where my ancestors ate over 300 years ago. It was incredible!”

Further research led Jody to the town of Paradise, Pennsylvania, in an attempt to learn more about another ancestor, Madame Marie Ferree. “My husband and I went

to Paradise and stopped at a filling station there,” she says. “I asked the clerk if there was a cemetery near there, and said I may be related to a lady named Madame Marie Ferree. The clerk told me that Marie had been an important leader in the town’s history, named Paradise in 1700s, and she knew exactly where she was buried. They have an annual banquet to honor her, and the clerk served at it every year!

“We came back from Paradise to Lancaster, where we left our camper. Along Route 30 there was a brand-new wax museum, so we decided to stop by.” While walking through the museum, Jody rounded a corner and was surprised by what she saw. “There was a wax representation of Madame Marie Ferree feeding her family in a cabin!”

Jody is excited about the history she was able to unearth about her

family tree and the opportunity to pass that down to her children and grandchildren. “To think that someone today can trace their history back so far back; it’s just incredible,” she says. She’s especially excited to have found that she has “noble” roots. “I found out it’s documented and proved that we’re descendents of the emperor of Charlemagne ... I make people bow, now!” she jokes. “It’s just so unreal; my father would have been so thrilled to know this.”

Jody and Dwain had 200 copies of their family history book printed for family and friends. “It was a labor of love. I wanted to do it; I’m glad I did it. I’ve learned so much about history; now I want to teach it!”

She adds, “It has been an amazing journey, I’d encourage everyone to do it.” ■

Be active your way!

Join Waterford for a fun harvest festival featuring a variety of vendors that will motivate you to incorporate healthy activities into your daily life.



Thursday, Sept. 23 ~ 2 to 4 pm

No charge. For more information, call 208-888-2277.

Started by The International Council on Active Aging, Active Aging Week is an annual health promotion celebration that highlights the health and wellness benefits of being active.

Coming Events

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

Monday, Sept. 6, 11:30 am

Labor Day Barbecue for residents and families.

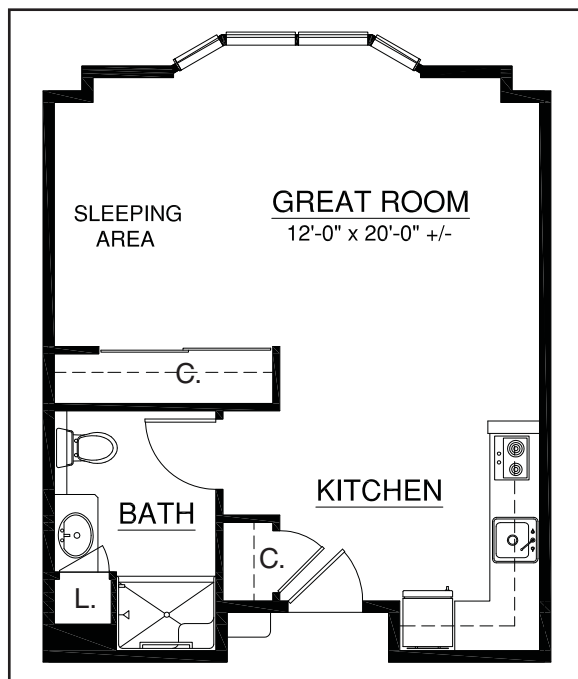
Tuesday, Sept. 7, 2:30 to 4 pm

Horse and Buggy Rides. Refreshments served. Waterford Front Drive.

Saturday, Sept. 18, 9:30 am

Bus leaves for the Alzheimer’s Association Memory Walk at Sertoma Park.

Discover Waterford



Watch the changing fall colors from suite 113. This 447-square-foot home offers convenient, comfortable living. Call or stop by today and experience the Waterford lifestyle.

Just for laughs!

Enjoy these school-inspired jokes.

Why did the boy take a ladder to school?
Because he was in high school.

Why did the student eat his homework?
The teacher told him it was a piece of cake.

What is the tallest building in any city?
A library, because it has so many stories.

This month's feature is from www.bestcleanjokes.com.

Meet Sharon Spaniol

Earlier this year, Sharon Spaniol, LPN, joined the Waterford team, bringing 28-plus years of nursing experience to her position as Waterford's Memory Care night supervisor. Her profession is really a family passion, with eight of her siblings following their mother into nursing. "It was mom who inspired us to go into nursing," says Sharon. "We always knew there would be a need for nurses."

Sharon has worked in nursing homes in Sioux Falls and Florida, where her family lived for 10-plus years. But a desire for a slower pace and a deeper feeling of community inspired Sharon's transition to Waterford.

"I like the atmosphere, and I enjoy the family and resident interaction," says Sharon. Sharon helps residents with activities of daily life, including medication management. She also participates with residents in Life Enrichment/Wellness activities. Recently, residents (with the assistance of team members) shaped, baked, and ate breadstick flowers. "It was a fun, multisensory activity," says Sharon.

Outside of Waterford, Sharon likes to bake and watch Minnesota Twins baseball with her husband. Her three children live nearby. One has even picked up the nursing passion ... continuing a great family tradition. ■



Front to back: Mavis Gourley, Sharon Spaniol, and Phyllis Wolcott use their creative and culinary talents as they make a beachball cheese ball.

(cont.) One of his most important and enduring messages is that it is not the experts—scientists, scholars, researchers, physicians, and other health professionals—who define successful aging. It is the elders worldwide who share their wisdom and experience about navigating the journey of life over the whole lifespan. The professionals measure physiology; happiness quotients; productivity; mental acuity; and the impact of diet, exercise, and social networks. But elders have a different definition of successful aging.

Being able to adapt to circumstances of a changing life, especially loss and pain, is the number one factor for aging successfully, according to the longitudinal study conducted by the American Federation of Aging Research. In addition, quality of life as opposed to quantity of life was cited. And the benefit is “... reaching one’s potential and arriving at a level of physical, social, and psychological well-being in old age that is pleasing to both self and others.” (Gibson, 1995)

In Touchmark communities, we continue the work inspired by Dr. Butler. The goal of the Life Enrichment/Wellness program is to support every resident in reaching his/her full potential as the changing days of our lives unfold. To participate in and contribute ideas to our programs, contact a member of the Life Enrichment/Wellness team. ■

Recent events



Frances Wagner and Norma DeGroot step off the train during a visit to historic Prairie Village in Madison.



Lois Ronning peruses the hat display at Prairie Village.

(cont.)

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Medical Aide Klinton Finley bakes a cake with Florence Knape (top left) and Mary Ahlschlager (top right) and Delores Flynn (bottom photo).



Janice Vreim helps prepare corn for the Taste of Summer Gala.

Lace up your walking shoes

The Sioux Falls Alzheimer's Walk is Saturday, September 18 at 10 am at Sertoma Park. Join the Waterford Alzheimer's Walk team. If you are unable to participate in the walk but would like to help, consider making a donation to the cause in living memory of a loved one who is affected by the disease. Please contact Wendy Schrag, Waterford's team captain and Memory Care manager, for more information.



Join the Fiesta!



Help Touchmark Foundation win a \$1,500 donation and more than two hundred, 30-second commercial TV spots featuring staff and residents from Touchmark and Waterford. It's easy!

www.landmarkford.com/fiesta-voting.htm

*Please note! Only one vote per day, per location.
So please vote from your home computer.*