

More than a diary

Tucked in the recesses of an antique desk, Frances Wagner discovered a petite, leather diary describing life in London in 1888.

The desk belonged to a dear family friend, LeRoy Phillips, who later became known as Grampe Phillips to the Wagner children. LeRoy's wife, Caroline, had lovingly written and illustrated the book.

"We were thrilled with the diary. Caroline later was an artist in Boston," says Frances. "I thought it was so beautifully done ... with a pen and ink. It's very fine drawings and very realistic."

Being familiar with antiques, Frances knew the book contained a rich history, and with her daughters, she recently traveled to Des Moines to have the book appraised at PBS's Antiques Roadshow.

"We were only able to get two tickets, and my three daughters drew straws to see who would go in with me," says Frances with a smile. "I wish we could have all got in. It was an education."

Once inside, people with large paintings, vases, and other valuables milled around. Frances and her daughter learned their diary would bring around \$1,000. However, for Frances, the historical and personal value outweigh the monetary value.

"We're having it reconditioned by a company right now," says Frances. "We want to give it to a museum, but we're not sure which one yet." Frances has considered a museum in London, where Caroline created the book and where Frances and her husband, Dr. Robert H. Wagner, spent a summer and later a whole year ministering in a local church. (The couple ministered for more than 40 years.)

The diary is one of many items that holds memories of the Wagner's deep friendship with LeRoy. It's more than a diary.

Read more about Frances on the Argus Leader's website: <http://www.argusleader.com/apps/pbcs.dll/article?AID=20108260307> ■



Resident Frances Wagner stands near a painting of family friend LeRoy Phillips, who later became known as Grampe Phillips to the Wagner children.

Gallop into fall



Residents spent an afternoon enjoying horse-and-buggy rides, followed by autumn-themed treats.

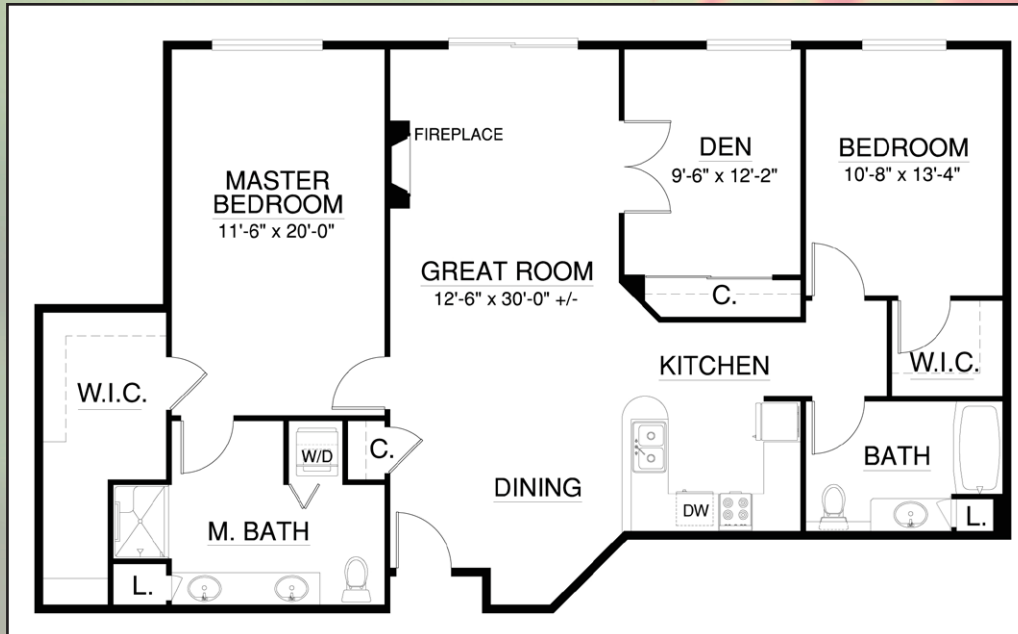
2010 in

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.

- Drink some water.
- Make a donation.
- Laugh.
- Do as many sit-ups as you can in 10 minutes (rest when you need it).
- Sign up for an art class.
- Enjoy a glass of wine after dinner.
- Volunteer.
- Sign up for Facebook.
- Watch a funny video on YouTube.
- Read the news.

The “awe” in autumn



Call or stop by today for a tour of the Waterford community.

Coming Events

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

Thursday, Oct. 14, 11:30 am

Book Review and Luncheon. Residents and invited guests only, please. North Imperial Dining Room.

Tuesday, Oct. 19, 7:30 pm

Fall Choral Concert at Augustana College. Tickets are \$5. Transportation will be provided for residents.

Sunday, Oct. 31, 2 to 4 pm

Trick-or-treating. Open to the children, grandchildren, and great-grandchildren of residents and team members. Leave your door open if you choose to hand out treats to the little princesses and goblins.

Healthy aging tips from the real experts



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

“How old would you be if you did not know how old you are?” —Walter Bortz, II, MD, author and expert on healthy aging

It can be daunting to keep up with the research about healthy aging that comes out almost daily. I thought it might be interesting to compare the data gleaned over the last couple of years from prestigious international researchers to the data collected in 2008 when interviewing 100 healthy centenarians, who gave their top 10 “tips” for healthy aging. Here are the results of that poll—along with the percentage of how many said

(cont.)

(cont.) the tip is “very important.” (Note: Interviewees could call more than one tip “very important.”)

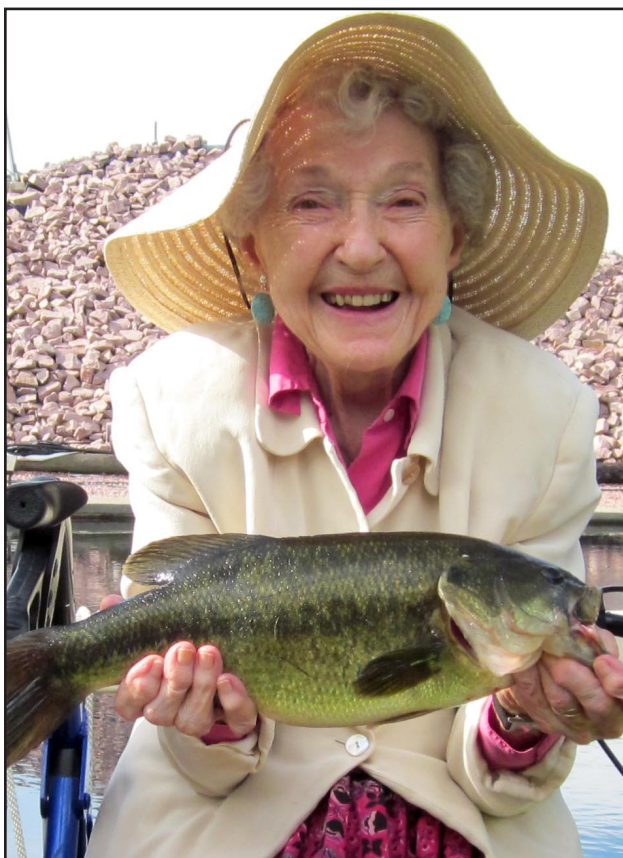
1. Stay close to family and friends. (90%)
2. Keep your mind active. (89%)
3. Laugh and have a sense of humor. (88%)
4. Stay in touch with your spirituality. (84%)
5. Continue looking forward to each new day. (83%)
6. Keep moving and exercising. (82%)
7. Maintain a sense of independence. (81%)
8. Eat right. (80%)
9. Keep up with news and current events. (63%)
10. Keep making new friends. (63%)

This anecdotal collective data compare almost 100 percent to the findings published over the last decade—and especially in the last two years—by the

continuing follow-up to the Framingham Heart Study, the Nurses’ Health Study, and other large population studies conducted over a significant period of time. Relationships/connectivity to family and friends has moved into first place internationally. Also, the need to keep actively engaged in new learning competes directly with a good diet, exercise, and the importance of humor and a positive outlook.

At Touchmark we know the value of listening to the “experts” ... our residents ... and evaluating our programs and services by the direct impact on their well-being. To be a contributor and participant in the Life Enrichment/Wellness program, contact a team member. Your perspective and recommendations are important. ■

Recent events



Phyllis Wolcott shows off her big catch at My Fishing Pond Inc.



Marvin Olinger husks corn for birthday night.

(cont.)

(cont.)



Rosemary Peritz (from left), Emily Smith, Bonnie Ellenbrand, and Mary Ahlschalager enjoy all the exhibits at the Great Plains Zoo.

Just for laughs!

Deck the Patch

(to the tune of *Deck the Halls*)

Deck the patch with orange and black

Fa la la la la, la la la la

Take along your goody sack

Fa la la la la, la la la la

Don we now our scary apparel

Fa la la la la, la la la la

Troll the ancient pumpkin carol

Fa la la la la, la la la la

See the great one rise before us

Fa la la la la, la la la la

As we sing the pumpkin chorus

Fa la la la la, la la la la

Follow him as he ascends

Fa la la la la, la la la la

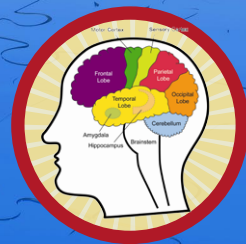
Join with true great

pumpkin friends.

Fa la la la la, la la la la



Brain Builders



Sudoku is a great brain game. Fill in the blank squares so that each row, each column, and each three-by-three block contain all of the digits 1 through 9. See below for answers.

2		3		6				8
	7			5	1	3		
	5	9						
4		2	6	3			5	9
				9				
3	9			1	4	2		6
						4	2	
		1	8	4			3	
7				2		9		5

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This puzzle has been provided by programmer/musician Jim Bumgardner, who creates software art and toys and is the creator of www.krazydad.com.

2	4	3	7	6	9	5	1	8
8	7	6	4	5	1	3	9	2
1	5	9	3	8	2	7	6	4
4	1	2	6	3	7	8	5	9
5	6	7	2	9	8	1	4	3
3	9	8	5	1	4	2	7	6
6	8	5	9	7	3	4	2	1
9	2	1	8	4	5	6	3	7
7	3	4	1	2	6	9	8	5