

Volunteer spotlight

Waterford salutes the many volunteers who give their time and talents to enrich the lives of others. Here's a highlight of three volunteers. Want to volunteer? Talk with Life Enrichment/Wellness Director Krista Musser.

Mary Soukup

Mary has led the Beading Class at Waterford for a year-and-a-half. "I started out attending a ceramic beading class as a way to help acclimate my mother, Helen Dobier, to Waterford and soon found myself assisting and then leading the class," says Mary. She works with residents on creating unique beaded bracelets and necklaces.

"There is a very loyal group of 'regulars' who come each time," she says. "We use a combination of ceramic, glass, and metal beads ... We enjoy crafting custom jewelry and sharing each other's company."



Volunteer Mary Soukup leads the ceramic beading class at Waterford.

When she is not beading, Mary works full time as a registered nurse case manager. She has been married to Chris for almost 22 years and has a son, Christopher, who is a freshman at South Dakota State University, a daughter, Jennifer, who is a sophomore at Washington High School, and two "very spoiled" dogs. She loves baking, cooking, beading, singing in her church choir, reading mystery novels, and camping with her family during the summer months.

Father Al Krzyzopolski

Father Al has been leading the weekly Catholic service in the Waterford Chapel since December.

"Coming to Waterford has been an interesting experience," says Father Al. "I have met several residents whose families I have known for many years. I look forward to my weekly visits!"

Born in rural South Dakota to a family of 11 children, Father Al came to Sioux Falls in 1950 as a Catholic priest after attending 10 years of college. Since then, he has served in several churches in eastern South Dakota, most in Sioux



Father Al leads the weekly Catholic service at Waterford. He started serving as a Catholic priest in Sioux Falls in 1950 and later served as rector of the Cathedral and pastor of two other Catholic parishes. He also taught for seven years at O'Gorman High School.

Falls. In his leisure time, Father Al enjoys golfing, reading, taking long walks, and traveling. He has visited Europe, China, Australia, Hawaii, and New Zealand. Father Al officially "retired" 15 years ago, but he continues to serve as a substitute and volunteers at Waterford.

Lucy Benitez

Lucy, who has been volunteering at Waterford for two years, helps with weekend events and activities and teaches a drawing class once a month.

(cont.)

(cont.) “I heard from a news article about the many volunteer opportunities,” says Lucy. “When I came, I was asked to teach a class, and I was thrilled.”

At school, Lucy is involved in school plays, color guard, and marching band. She also participates in the Brandon Valley High School Oral Interp team and serves as the vice president of the art club. Lucy works at the Brandon Golf Course as a server, and she volunteers at numerous places, including Sanford Medical Center, the Washington Pavilion, Children’s Hospital, and the Sioux Falls Literacy Council. Lucy hopes to pursue an art major or training to become a nurse anesthetist. ■



Busy high school student Lucy Benitez (left) finds time to volunteer with several groups, including Waterford.

Coming Events

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

Friday, Feb. 4, 2:30 pm

Dakota Wind Quintet performance. All Saints Chapel.

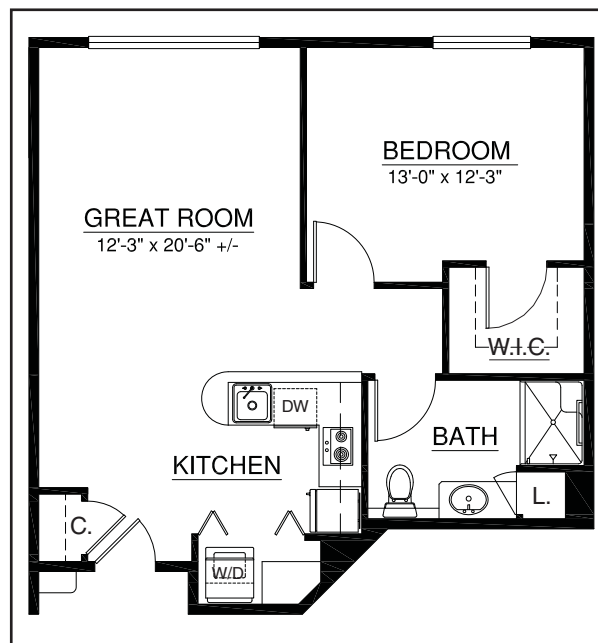
Friday, Feb. 4

National Wear Red Day. Show your support for women’s heart-disease awareness by wearing red.

Thursday, Feb. 10, 10:45 am

Book Review with Candace Cameron. Sunset Library.

Opportunity’s knocking



Located just steps from the wealth of services and amenities offered at Waterford at All Saints, home 101 offers one bedroom, one bathroom, and 642 square feet of living space. Call or stop by today for a personal presentation.

Just for laughs!

First Football Game

A guy took his girlfriend to her first football game. Afterward he asked her how she like the game.

“I liked it, but I couldn’t understand why they were killing each other for 25 cents,” she said.

“What do you mean?” he asked.

“Well, everyone kept yelling, ‘Get the quarter back!’”

From www.basicjokes.com

Recently spotted on campus ...



Life Enrichment/Wellness Director Krista Musser (top, left) makes speck'n decken for residents, including Jackie Ening (top). Speck'n decken is often referred to as a German pancake or "Old Year Pancake."



Katherine Haugan tickles the ivories during a recent visit. Katherine's uncle attended school at All Saints and her grandfather was on the All Saints school board. Her grandmother, Margaret Haugan, is now a resident at Waterford and is seated in the background.



Five Waterford residents are participating in the 2011 Special Olympics USA Scarf Project. Elizabeth Balcer started spreading the word to other knitters, who quickly joined the project. Elizabeth's daughter is collecting and delivering the scarves. The group already has done 25. From left: Patty Berger, Ellen Lang, Jean Lowary, Elizabeth Balcer, and Illa Rott.

Reflections on nurturing your heart



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

*“Recipe for a happy heart:
2 cups of Love
1 cup of Friendship
1 cup of Gratitude
Add a dash of Laughter
Pour into any Soul”
— Martha Denise*

There is a lot of knowledge gleaned through research that results in recommendations and resources to deal with heart disease—the number one killer of men and women worldwide. Physicians, pharmacists, and other allied health professionals recommend both prevention and intervention strategies that are often anchored in common sense and good choices and decisions about exercise, nutrition, sleep, stress reduction, and medications, as appropriate and needed.

But beyond all the traditional information, there is a significant amount of credible research that shows that unresolved sadness, depression, loneliness, isolation, and fear are risk factors that affect heart health—possibly as much or more than a sedentary lifestyle, poor diet, and inadequate sleep.


Nurturing your heart with positive influences may take as much time and resolve as the physical requirements of doing exercise, maintaining a healthy weight, following heart-healthy dietary guidelines, and making changes in leisure habits. Compassion, joy, love, and humor are essential ingredients of heart health. Time spent daily on this side of the heart-health equation requires deliberate decisions about relationships, time spent giving and receiving, a sense of

humor (even when stressful life situations occur), and laughter—“out loud” and often.

One way to emphasize the positive aspects of life choices is to make a “joy” list—a list of the times in your life when you feel the most joyful, connected, and positive. The essence of the experience is what you bring to it. It might be passion, commitment, curiosity, or energy. To contrast this, make a “no joy” list that represents the things you do that deplete your energy and diminish your joy. This list may have people, places, and things, but your emotions are the key. Is it possible to replace the “don’t want to’s” with the “do want to’s?” Try it and see.

Touchmark is committed to the personal journey of each resident in regard to heart health. If you would like support in achieving your personal goals, contact Life Enrichment/Wellness Director Krista Musser. Helping you with your goals for heart health is important to our mission of enriching people’s lives. ■

Brain Builders



Do these math problems as fast as you can.

1) $2 + 3 = \underline{\quad}$	7) $12 + 2 = \underline{\quad}$
2) $7 - 2 = \underline{\quad}$	8) $20 + 9 = \underline{\quad}$
3) $8 + 4 = \underline{\quad}$	9) $16 + 11 = \underline{\quad}$
4) $1 + 9 = \underline{\quad}$	10) $15 - 10 = \underline{\quad}$
5) $10 - 4 = \underline{\quad}$	11) $30 + 30 = \underline{\quad}$
6) $5 - 0 = \underline{\quad}$	12) $19 - 5 = \underline{\quad}$

*Answers: 1) 5 2) 5 3) 12 4) 10 5) 6 6) 5
7) 14 8) 29 9) 27 10) 5 11) 60 12) 14*