



A Touchmark® community  
Est. 1980

# Joining national celebrations

During September, Waterford celebrated National Assisted Living Week with horse-and- buggy rides, a birthday night, and the Sioux Falls Walk to End Alzheimer’s, which members of the Waterford at All Saints team led. The team raised over \$6,000 for the Alzheimer’s Association.



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As part of Waterford's Alzheimer's Action Day, MneMTherapist Larry Homan talked about Art Without Boundaries, a nonprofit that seeks to bring rewarding experience to those with cognitive challenges through art, music, and storytelling. In addition to his presentation, Larry spent two days meeting and working with residents who live in the memory care and assisted living neighborhoods. He helped residents create beautiful artwork and focused on movement, praise, music, and coordination. Larry is pictured with resident Clarice Reiff and the picture she painted. The Life Enrichment/Wellness team plans to have an ongoing program with Larry.



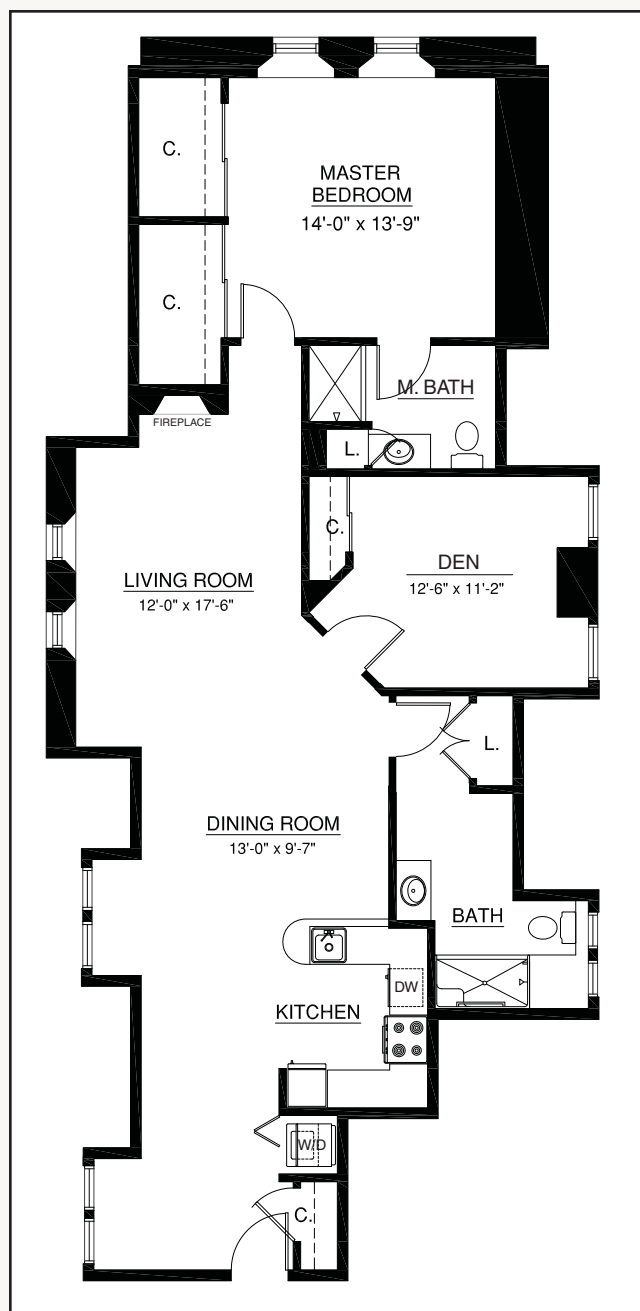
Friendship and fashion are the focus of the recent Fall Style Show & Luncheon with Go Casual. The event was held during Active Aging Week. Waterford Controller Sara Thomas is pictured.

## Celebrating 10 years

Waterford at All Saints honors the team members who have been an important part of the All Saints campus for over 10 years. Thank you for your service!

Angie Rabon	Roberta Milner
Anita Cox	Sara Thomas
Bob Buller	Stacy Acker
Bonnie Ahlers	Susan Merry
Cathy Acker	Suzanne Gerber
Helen Buttemeier	Vahdeta Korkutovic
Jerry Sturgeon	Vanessa Paulson
Patricia Alsgaard	Vicki Bruse
Randy Austin	

## Expand your time



Located in historic Chapelwood, home 452 is a 1,164-square-foot, two-bedroom, two-bathroom beauty. Enjoy the falling leaves, and leave the raking to Waterford. Call or stop by today for a personal presentation.

## October highlights well-being



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

**“Volunteerism may have more of an impact on mental health and well-being than any other self-initiated behavior.”**

It is interesting to note that October has two significant wellness days that complement each other: World Mental Health Day (October 10) and Make A Difference Day (October 22). These make a good pairing, as both are forces for self-empowerment. Recognizing the importance of mental health in a person’s well-being as well as the positive impact of volunteering—both mentally and physically—can be important keys to your overall health.

Volunteerism may have more of an impact on mental health and well-being than any other self-initiated behavior. The relationship between volunteering and overall health benefits has been well-studied. In one of the larger, most recent studies done by United Healthcare and Volunteer Match (2/2010), the following data were gathered from more than 4,500 American adult volunteers:

- 68 percent agree that “volunteering has made me feel physically healthier.”
- 89 percent agree that “volunteering has improved my sense of well-being.”
- 92 percent agree that “volunteering enriches my sense of purpose in life.”

Complete results of the survey can be viewed at [www.DoGoodLiveWell.org/OurCommitment.html](http://www.DoGoodLiveWell.org/OurCommitment.html)

The most compelling data for Touchmark is to talk with those who have personal experiences with volunteering. Across Touchmark communities, there are hundreds of residents, team members, family members, and community partners who volunteer their time, talents, and resources to a variety of causes that improve the quality of life for others—both on *(cont.)*

(cont.) the campus and in the community at large. They experience enhanced well-being through their chosen volunteer opportunities. They also report feeling they receive even more benefits than the recipients.

Opportunities for giving back are not limited to one Saturday in October. The Touchmark Full Life program is diverse and invites each of you to participate in altruistic endeavors that enrich people's lives. To find out about existing opportunities or bring suggestions and ideas for outreach experiences, talk to a member our Full Life team. Your perspective, recommendations, and participation are important. ■

## Coming Events

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

### Saturday, Oct. 1

Festival of Bands. Enjoy the show throughout the morning! Bands will line up on 17th Street in front of Waterford.

### Tuesday, October 11, 2:30 pm

Welcome Tea. North Imperial Dining Room.

### Sunday, Oct. 16, 2:30 pm

Singing Cowgirl Lisa Murphy performs. Audience participation encouraged! Chapel.

### Tuesday, Oct. 18, 1:30 to 3:30 pm

Harvest Festival & Open House. Imperial Dining Room.

### Thursday, Oct. 20, 5 pm

Oktoberfest Birthday Night. Imperial Dining Room.

### Sunday, Oct. 30, 2:30 to 4:30 pm

Trick-or-treating by children of staff and residents. Resident homes.

## Recent events



Residents tour the recently restored St. Joseph Cathedral. The majestic cathedral has served as the Mother Church for the Diocese of Sioux Falls for over 90 years.

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South Dakota State University football players socialize with residents while serving ice cream sundaes. Many residents arrived at the gathering decked out in their Jackrabbits apparel.

## Just for laughs!

Enjoy a sample from AFI's top 100 movie quotes.

"Toto, I've got a feeling we're not in Kansas anymore."  
*The Wizard of Oz*

"Here's looking at you, kid."  
*Casablanca*

"Bond. James Bond."  
*Dr. No*

"You're gonna need a bigger boat."  
*Jaws*

"If you build it, he will come."  
*Field of Dreams*

"It's alive! It's alive!"  
*Frankenstein*

from <http://www.afi.com/100years/quotes.aspx>

## New name. Same community.

Waterford has always been part of the Touchmark family. For decades, Touchmark has supported two brand names: Waterford and Touchmark. By the end of this year, all Waterford communities will change their name to Touchmark. The Touchmark ownership, management, and outstanding service remain the same—just as it has for 30-plus years. ■

## Brain Builders



Fill in the blank to read the whole quote.

1. W\_\_ t\_\_rn \_\_ot o\_\_der \_\_ith  
y\_\_ \_\_rs, b\_\_ \_\_ ne\_\_er e\_\_ery d\_\_ \_\_.  
~ Emily Dickinson

2. Gi\_\_ \_\_ a m\_\_ n a \_\_ish a\_\_d y\_\_u  
f\_\_ \_\_d h\_\_ \_\_ fo\_\_ a d\_\_ \_\_.

T\_\_ \_\_ch a \_\_an to fi\_\_ \_\_ an\_\_ y\_\_  
\_\_ fe\_\_ \_\_ h\_\_ \_\_ f\_\_ r a life\_\_ \_\_me.  
~ Chinese Proverb

~ Chinese Proverb

2. Give a man a fish and you feed him for a day.

1. We turn not older with years, but newer every day. ~ Emily Dickinson

Answers: