

## Hundreds of shoes

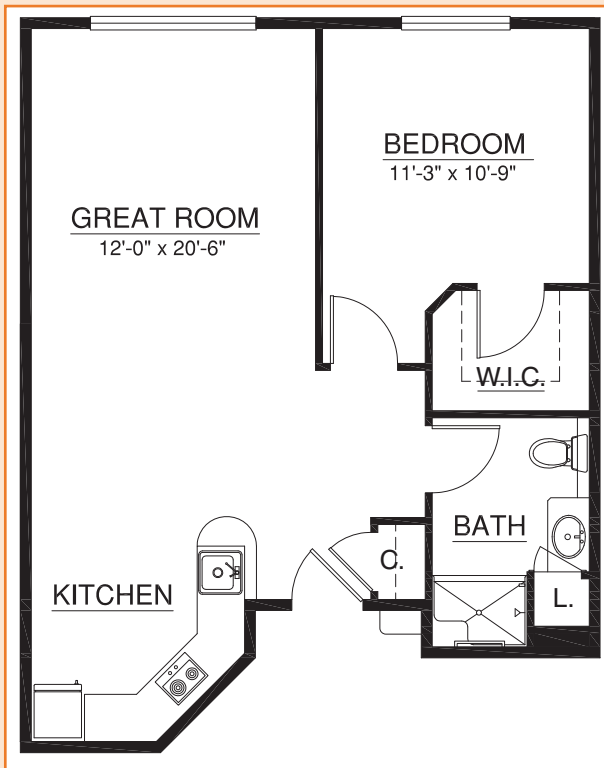


Frances Wagner has always had a heart to give and help those in need. She recently started collecting shoes for those who are homeless. Residents, friends, and families donated over 200 pairs of shoes, which will go to the organization Shoes 4 the Shoeless for distribution.

## MoneyRates.com ranks South Dakota in top 10

Residents and team members think South Dakota is a great place to live—and MoneyRates.com agrees. MoneyRates.com listed the state as the eight best locale to retire. The website states, “A top score for low crime and the second-best score for economics placed South Dakota in the top 10 for the second consecutive year. The state ranked third last year.” ■

## “Fall” in love with Waterford



As the temperature drops, warm up to the Waterford lifestyle! Home 224 is a 691-square-foot, one-bedroom, one-bathroom home. Call or stop by today for a personal presentation.

## Waterford kicks off fundraising for the 2012 Memory Walk

In addition to the growing number of people living with Alzheimer's disease, the Alzheimer's Association states that, "there are nearly 15 million Alzheimer's and dementia caregivers providing 17 billion hours of unpaid care valued at \$202 billion." With those startling numbers, the All Saints team brushed off their walking shoes to participate in the 2011 Walk to End Alzheimer's.

Through Casual for a Cause and various fundraising events, the largest All Saints team ever raised \$6,250

to benefit Alzheimer's care, support, and research—the highest fundraising amount in Waterford's history and ranked second in the state of South Dakota. Jean Lowary was the team's number-one cheerleader and top resident fundraiser.

Fundraising for the 2012 walk kicks off on Friday, Nov. 4 from 3 to 5:30 pm with a Purse and Jewelry Party featuring Purse-n-ality and Kari's Creations jewelry. A portion of the proceeds will go toward fundraising for the 2012 Memory Walk.

The Alzheimer's support group will discuss getting through the holidays and hints for gifts Saturday, Nov. 12 at 10:30 am in the conference room.

Please join friends and neighbors in the chapel on Thursday, November 17 at 6:30 pm for a candle-lighting ceremony to remember and honor those affected by Alzheimer's disease and other related dementia illnesses. ■

## Attitude and practice make a difference



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

*“Choosing to be positive and having a grateful attitude is going to determine how you're going to live your life.” —Joel Osteen, author and pastor*

It has been more than a decade since the field of Positive Psychology was first introduced by Martin Seligman and Mihaly Csikszentmihalyi, professors of psychology and eminent researchers. Initially, scientists and laymen were skeptical—and in some cases critical—of their theories and writings. They stated that individuals can develop and nurture skills, habits, and personal philosophies that can lead to making a normal life more fulfilling.

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(cont.) In 2004, the handbook *Character Strengths and Virtues* was published. This was the first attempt on the part of the research community to classify positive psychological traits of humans, and it was a notable breakthrough. The book focuses on six core virtues and 24 measurable character strengths:

1. Wisdom and knowledge: creativity, curiosity, open-mindedness, love of learning, perspective, innovation
2. Courage: bravery, persistence, integrity, vitality
3. Humanity: love, kindness, social intelligence
4. Justice: citizenship, fairness, leadership
5. Temperance: forgiveness, mercy, humility, prudence, self-control
6. Transcendence: appreciation of beauty and excellence, gratitude, hope, humor, spirituality

The research shows there is no inborn set point for happiness, creativity, and success in life. Faith traditions have long maintained that we can influence our own destiny and success. Now researchers have verified this thinking, which today is a major focus of social systems and institutions. What a joy to study why things go right rather than just treating the diseases of mental health!

During this Thanksgiving season, Touchmark gives thanks for all of the individuals in Touchmark communities who dedicate their time, energy, and resources to developing and practicing these character attributes. The positive energy of so many people—some who are living with challenging medical conditions and major losses—creates a focus on well-being for the individuals themselves and the greater good of the community.

Waterford's Full Life™ program invites you to participate and contribute to the programs and services of all who live and work here. Serving others does build virtues. ■

## New name. Same community.

Waterford has always been part of the Touchmark family. For decades, Touchmark has supported two brand names: Waterford and Touchmark. Next month, Waterford at All Saints will change its name to Touchmark. The Touchmark ownership, management, and outstanding service remain the same—just as it has for 30-plus years. ■

## Coming Events

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

### Friday, Nov. 4, 3 to 5:30 pm

Purse and Jewelry Party with Purse-n-ality and Kari's Creations. A portion of the proceeds will benefit the Walk to End Alzheimer's fundraiser. Heritage Room.

### Wednesday, Nov. 9, 7 pm

Former President of Ireland Mary Robinson presents *World Hunger and Poverty* at The Boe Forum on Public Affairs. Please sign up in advance. Augustana College.

### Friday, Nov. 11, noon

Veterans Day Luncheon. For Waterford at All Saints Veterans. Imperial Dining Room.

### Thursday, Nov. 17, 6:30 pm

Candle-lighting Ceremony in honor of all those affected by Alzheimer's disease. All Saints Chapel.

## Painting for a Cause



Resident paintings from recent visits with Mnemetherapist Larry Homan are being assembled into the Painting for a Cause calendar. The calendar should go on sale in November and will cost \$12. The proceeds will go toward fundraising efforts for next year's Alzheimer's Memory Walk and cover the cost to have Larry return to the community. *The Argus Leader* recently interviewed Larry and members of the Waterford community about their painting experience. Read the whole story online: <http://www.argusleader.com/article/20111023/COLUMNISTS0113/110230305/Callison-Painting-opens-passage-into-memory>

*Just for laughs!*

### Big Turkey

A lady was picking through the frozen turkeys at the grocery store but couldn't find one big enough for her family. She asked a stock boy, "Do these turkeys get any bigger?" The stock boy replied, "No ma'am, they're dead."

from <http://myhumor.org/clean-jokes/law-jokes.asp>

## Fall fun



Residents enjoyed the fall scenery during a tractor ride around the pumpkin patch and apple orchard at Country Apple Orchard. The driver stopped in the apple orchard and talked about the different types of apples. The group later enjoyed apple pie and coffee.



Vendors helped residents with preholiday shopping during the Harvest Festival & Open House. People also enjoyed a lovely spread of cookies, cakes, and pies.