



A Touchmark® community



Sharing heartfelt stories



Message from
Angie Rabon
—Executive Director

The month of March, and St. Patrick’s Day in particular, always makes me think of my grandfather. In his twenties, my grandfather made the choice to leave Ireland and come to America. His decision was based on many of the commonly known problems of that time: famine, limited opportunities to make a living, and persecution.

My “Pappy” was one of many who came through Ellis Island and made his home in New York City. Many of his friends who made the crossing at that time eventually scattered across the nation—all looking for “home.” My grandfather made an additional move from New York to Seattle, Washington. Pappy said, “It was the closest thing to my home of Ireland that I could find.”

I admire my Pappy because he had the courage to move to an unknown place to find a better life. Although he left the home that was familiar to him, he did not leave behind any of the memories he cherished. Instead, he decided to surround himself by little things that would make him feel at home, even though he was in unfamiliar territory.

I find it amazing that no matter where we are, we always look for signs of home. This may be in the landscape, the people, or even the food. Each of us is born into a family,

but as we grow it seems we extend that “family” tenfold to include some very dear friends. I wish you all a place to call home and family and friends to share it with. I extend to you a sincere invitation to come home to Waterford—we’ve missed you! To those of you who share my Irish descent . . . if you’re enough lucky to be Irish, you’re lucky enough!

P.S. I recently received a thoughtful note from a resident expressing her thankfulness to be part of this community. She wrote, “Thanks for all of the happiness you have brought to me and so many others. You nourish us in body and soul—and it continues day after day.”

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A life in balance: simplicity

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

**“Simplify,
simplify ... ”**

Henry David Thoreau

We live in a 24-hour, complete-access world. Via cell phone, fax, computer, telephone, pager, e-mail, GPS, and more,

almost anyone can find us anytime. Along with all the benefits of enhanced communication technologies, there are additional expectations of getting back to everyone—and if we miss the call, maybe even a new task or assignment left on voice mail (another amazing feature of our modern world).

To add to the din, we are constantly inundated by the advertising world to buy “new and improved” versions of everything; sign up for extended cable TV (that we have no time to watch); and subscribe to endless magazines

and newspapers that may be stacked in the corner waiting to be read. The net effect is more responsibilities, more expectations, and, in general, more “stuff” in our lives and living spaces. Maybe it’s time to simplify. Here are a few ideas to consider:

1 Just say “no.” Give yourself permission to refuse those things that do not bring you life satisfaction and inner peace. Spend time with people, causes, and activities that you choose—not those that others choose for you.

2 Spend time creating joy. It is important to make appointments with yourself to do whatever brings the most joy and happiness. That may be time alone, time with special friends, time with a good book.

3 Don’t hang onto things you don’t want or need. Clean out the closet and drawers and throw or give things away. If it’s broken, and you need it, fix it or replace it.

4 Stop spending time to save money. Time is the only commodity we have any control over—spend it well. Given the price of gas today, are you really saving anything by going to three stores to save 50 cents?

5 Take a moment (or more) each day to be grateful. Gratitude makes the heart smile.

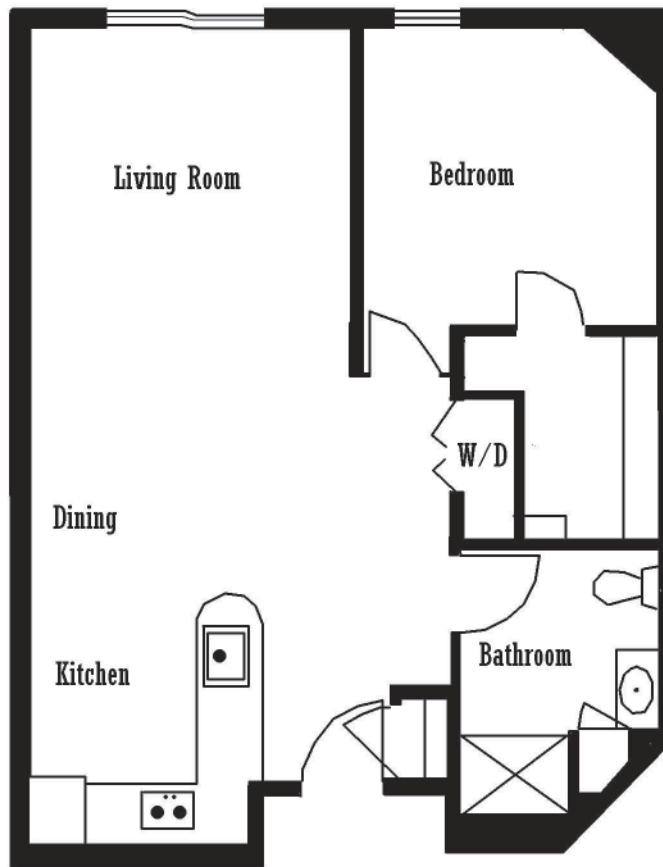
A major focus of the Life Enrichment program at Waterford is to assist residents and their families in creating a life that makes sense. For support with setting goals that will simplify and clarify your choices and preferences, contact Life Enrichment Director Krista Musser. It’s never too late to simplify and make choices for well-being and a life in balance.

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Discover a home that fits your lifestyle

Enjoy comfortable living in this lovely one-bedroom home in Waterford’s Dakota Park. This home is perfect for pet lovers, featuring an outdoor patio to a lovely rooftop pavilion. It also includes a washer and dryer, walk-in closet, and a gorgeous view.

Take advantage of more than 700 square feet of space, weekly housekeeping, fine dining, extra storage space, a fitness center, access to many social events, and other amenities. To take a tour of this home or others, contact Millie Gullickson, Jennifer Schultz, or Kelly Woldt at 800-713-1117 or 605-335-1117.



Tour this lovely home.

Upcoming events

Sunday, March 5, 2 pm—First United Methodist Church Children’s Choir Concert.

Wednesday, March 22, 2:30 pm—*Just for the fun of it.* Humor and Life Balance presentation by Avera McKennan ambassador and Sioux Falls personality Jim Woster.

Call Krista Musser at 605-731-5472 for more information or to register.

☞ Let Your Spirit Soar ☞

Writers, photographers, and poets live and create in Touchmark communities, and Touchmark is featuring some of this talent and creativity in each newsletter. The Let Your Spirit Soar theme for March is Humor and Life Balance.

For April, submit a story with a photo. Deadline for this issue is March 8. For a list of the guidelines, monthly themes, and deadlines, please contact Life Enrichment Director Krista Musser.

Birthday surprise!

by Clara Lee

—Resident at Touchmark’s resort-style retirement community in Fargo, North Dakota

I was taken a little by surprise to get a box of Jell-O for my birthday. But then, I guess I really wasn’t ready for all of the surprises on my eighty-fifth birthday.

I turned 85 last May and was excited to know that both of my daughters were going to be at Waterford to help me celebrate. It’s not that often that the three of us are together these days, so I was looking forward to their visit. Little did I know what they had planned.

It all started innocently enough when my daughter Sue arrived midday on a flight from Chicago. Her sister Janet was driving from Minnesota and got to Fargo late in the afternoon. Sue and I had had dinner together, and we were visiting when Janet got to the apartment. I warmed up some food for her, and we enjoyed catching up with each other while she ate. At that point Janet asked Sue to help her bring in her luggage. They came back with much more than I expected!

The door to the apartment opened and the fun began! While singing “happy birthday,” they wheeled in a large suitcase and plopped it in front of me. I wasn’t quite sure what was happening, but they wanted me to open the suitcase. My birthday present was inside, they said. That was an understatement! There were 85 birthday presents inside! Yes, they had gotten me 85 gifts—one for each year! I know I looked confused, because it was almost hard to comprehend that I had so many gifts to open. As I unwrapped each gift, I giggled a little and occasionally checked with them to make sure they were really all for me. (After nearly 90 minutes I actually had to have some help with unwrapping!) It was a night I’ll never forget!

So, yes, I got a box of Jell-O for my birthday, but also slippers, jewelry, stamps, tea, lotion, pens ... well, you get the idea!

Meet Waterford’s receptionist



Linda Claussen
Front Desk Receptionist

The first person you see when you walk through the doors of Waterford is Front Desk Receptionist Linda Claussen. Linda has been at Waterford since July and has become a familiar and friendly face to all who enter Waterford.

Prior to coming to the Waterford community, Linda worked in the office at Tri-State Wholesale Flooring. She was responsible for accounts payable and receivable, human resources, and banking. After 26 years at Tri-State, Linda retired and spent one-and-a-half years at home.

She came to Waterford because, “something in my life was missing.” Waterford interested her because she loves working with older adults. “I enjoy their passions and their stories,” Linda says.

Linda has many different responsibilities. She listens and answers questions for residents, directs phone calls, schedules bus appointments, and more.

Linda lives in Sioux Falls with her husband Kent, a police officer for the city of Sioux Falls. They have two daughters, Crystal and Jessica, and a dog named Ollie. Linda loves to cook and ride motorcycle with her husband. They also have traveled to Las Vegas, Virginia Beach, Virginia, and Washington, D.C.

When asked what her favorite part of her job is, Linda replies, “I just love the residents. They have such wonderful stories. They are full of wisdom and insight.”

Medicare Part D is in place, but many still have questions

by Winona Phelps, RN
—Medicare Manager, Touchmark

Beginning January 1 of this year, Medicare began offering the new prescription drug insurance program—Medicare Part D—to people who enrolled in 2005. Over the past several weeks, media stories, cartoons, and talk-show programs have highlighted various aspects of the new program and its implementation. Many eligible people still have questions and haven't enrolled, which is understandable, given the program's complexity. In spite of this, the Senate recently voted down an amendment that would have delayed the enrollment deadline.

May 15 is the last day to join a plan and receive coverage for 2006—and avoid financial penalties. Those joining after May 15 will have to pay a penalty as long as they have a Medicare drug plan. (The next enrollment opportunity will start November 15 for coverage beginning in 2007.)

There are several Web sites with helpful information. At the top of this list is the www.Medicare.gov site. In the center of the main page is a link titled "BenefitsCheckUpRX, which takes you to a helpful resource prepared by the National Council on Aging. By answering the questions here, you'll learn:

- ▶ **"How your current insurance or other prescription drug coverage affects your options and rights under the new Medicare Prescription Drug Coverage.**
- ▶ **Whether you qualify for extra help with your costs under the new Medicare Prescription Drug Coverage.**
- ▶ **If you are likely eligible for additional government benefits that can save you money on your medications.**
- ▶ **If it makes sense for you to start comparing the plans that are available in your area."**

Once you complete the questions, you can print out a personalized report that lists programs, phone numbers, and directions to enroll in the programs.

Another helpful resource is www.SocialWorkers.org. And, of course, Waterford staff are always available

to help clarify information, guide people through the Web sites, and answer questions. Let us know if we can help you.

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Resident continues lifetime commitment to education— Meet John Harris, EdD



John Harris

Dr. John Harris has spent his lifetime devoted to education, and that devotion is a legacy in the local elementary school named John Harris Elementary.

John came to the Sioux Falls area in 1968 as the superintendent of schools. Prior to his arrival, he had worked as a high school principal in Nebraska and as an assistant high school principal and assistant superintendent in Illinois.

John and his first wife, Ann, had three children. After her death in 1987, John continued to touch lives in the Sioux Falls School District until his retirement in 1992. "I loved education, because I loved working with people," John says.

John moved to Waterford with his late second wife, Ila. They came to Waterford because they needed a place that could support Ila's needs and be comfortable for them. Ila brought three more children to their blended family.

John is still very active in the Sioux Falls community. Just last month he was at his namesake school visiting students. Each year, students compete in a flag designing contest based on a theme. John was at the school signing the flag that will grace the school's multipurpose room.

John attends functions at Waterford and is often seen at the weekly wine social. "I like the people—both the residents and the staff. Waterford is a very pleasant environment," says John.

