



A Touchmark® community



April Fool's Day—time to laugh



Message from
Angie Rabon
—Executive Director

Having a sense of humor and laughing is truly something that will keep us young at heart. I have always had a sense of humor about life; sometimes we take things so seriously! One of the things I love about April is April Fools' Day. It is a day where you never know what to expect, and good, clean lighthearted practical jokes are abundant.

“Laughter is an instant vacation.”

—Milton Berle, actor, performer

We all can remember some of the best comedians of our time and their genius to make the smallest everyday things absolutely hilarious. The Three Stooges made an art out of the typical pie in the face. Jackie Gleason could make burning a finger, stubbing a toe, or getting caught in a lie funny. Charlie Chaplin made us laugh solely from his body movement and facial expressions.

As we move into spring, take time to laugh and enjoy life. We would love to have you join us at Waterford where love and laughter are abundant, and life is carefree and comfortable. I promise I won't put a whoopee cushion on your chair!

Deadline looms to make cruise reservation



You don't have to pack your bags just yet, but if you're interested in sailing on Touchmark's Fall Foliage cruise, all deposits must be made by April 10. This cruise is extremely popular

and will sell out within weeks. To be sure you're on board for this colorful adventure, please call Edwards LaLone Travel at 800-288-3788 right away.

Touchmark's special group rate (based on availability) is per person and double occupancy in each cabin. Insurance, taxes, and round-trip transfers are included. The rates for this spectacular seven-night cruise are \$1,585 for an outside cabin or \$1,785 for an outside cabin with balcony. (Travel to and from New York is not included.) A \$250 deposit will hold your spot for this colorful cruise on the Star Princess that sets sail from New York October 21, 2006. Visit Halifax, Nova Scotia; St. John, New Brunswick; Bar Harbor, Maine; Boston, Massachusetts; and Newport, Rhode Island.

Before April 10, call 800-288-3788 and schedule your fall colors now!

Stewardship—it's more than managing money

by Marge Coalman, EdD

—Vice President of Wellness & Programs, Touchmark

The extended life span of the average American is well documented. On average, men now live 76.5 years and women about two years longer. A more interesting statistic is the growing number of centenarians. In fact, individuals over 100 years of age represent the fastest-growing segment by percentage of the whole population. What are the implications of living to be 100 or older?

First of all, it is going to cost more than most people thought when they planned their retirement. Financial advisors now have a subset within their profession that focuses on just that issue and concern for their clients over

“The curtain is going down on the second act of my life, and it’s rising on the third act. It’s a Shakespearean play, five or six acts; this is clearly Act III, but I’m sure it’s not the last act.”

—Norman Lear, producer and playwright at age 65

the original Social Security system was enacted, most employers now are hoping to retain or gain the experience of the knowledgeable employee—with age not necessarily being the most important issue.

The idea of stewardship applies to more than just finances for retirement, however. It also applies to our “health” account and engagement in the world around us. Good stewards pay attention to physical activity, diet, socialization, and all the other markers of well-being for any individual of any age. We only have one body issued to us for the journey we are all engaged in, and it needs to last throughout our lifetime. Continuing good health practices and choices and spending time on the things that bring

us fulfillment, contentment, and joy are as important to quality of life as having enough money to pay the bills.

Touchmark communities focus on the whole picture of having a life well lived—not just in the past but in the present and going forward. To participate in Waterford Life Enrichment planning and programming, contact Life Enrichment Director Krista Musser. Your energy, wisdom, and life experience are welcome and appreciated.

What others are saying

“I think Waterford is great. It is comfortable and fun.”

Mary Jane Reardon

—Resident

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 April is a story with a photo.

Happy birthday kidney!

by Lucy Schaefer

—Resident



Lucy Schaefer celebrates her kidney's second birthday.

At noon on May 22, 2003, I received the exciting news that there was a kidney waiting for ME! I was just getting ready to go to dialysis, but quickly called my son to come get me at McKennan Hospital. This news rates right up there with the arrival of a first baby in the family. The thrills, the anxiety, the fear, are all feelings you experience at that time.

The first year of the transplant is rife with many doctor appointments, med changes, and life in general is a worry that all will be fine.

When the second year came on May 22, 2005, I realized that all is well with my new kidney, and I thought that a very good reason to celebrate the occasion. So I made out invitations, took them to other residents where I live, inviting everyone to come share the wonderful luck of having a good life now. Forty-two people came to my party where I served cakes and coffee, mints and nuts. For decoration, alongside the decorated cake was a wooden kidney used in the doctor's office!

My friends and family said it was a wonderful way to celebrate the second birthday of my 2-year-old kidney. I am sure when the kidney is 5 years old I will have another birthday party to celebrate again.

For May, please submit a story about your fitness routine or sport passion and how this is supported by your friends or coach. Deadline for this issue is April 6. For a list of the guidelines, monthly themes, and deadlines, please contact Life Enrichment Director Krista Musser.

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Meet Life Enrichment staff member Vicki Bruse



Vicki Bruse (left) leads residents in a morning fitness class.

Life Enrichment staff member Vicki Bruse is always available to lend an ear, words of advice, encouragement, or a smile. She is a friend to many and enjoys spending time

with the residents at Waterford and assisting in the Life Enrichment activities.

Vicki has been at Waterford for nearly five years. Prior to joining Waterford, she worked at Southridge Health Care Center in activities, caregiver staffing, and the business office.

Vicki facilitates several activities at Waterford. Among her favorites are summertime gardening with residents and going on outings in the community. Vicki and the residents go out to lunch, shopping, and to musical events on a regular basis.

“I like interacting with the residents and helping them fulfill their needs. I love them!” says Vicki.

Vicki has lived in Sioux Falls for over 30 years. She and her husband, John, raised three children. They enjoy socializing with friends, going to movies, and they're avid baseball fans. They also enjoy going to concerts, rock-'n'-roll in particular. They have seen U2, Eric Clapton, Led Zeppelin, Tina Turner, the Moody Blues, and others live in concert.

Vicki says she feels so blessed to have this job, because she gets to have fun with the residents. She says it is truly rewarding to see people rediscover a love for hobbies they may have enjoyed in the past or to smile and laugh because of the people they are able to spend time with because they have moved to Waterford.

Vicki says, “It is the most fun to get residents excited about doing things and spending time with other people.”

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A life infused with jazz



Wendol Holcomb

Jazz enthusiast and Waterford resident Wendol Holcomb has enjoyed a lifetime love of music. He shares that passion with fellow residents twice a month in Jazz 101, a class he conducts at Waterford that highlights jazz artists.

Wendol's jazz roots run deep. He was the drummer in a 17-piece jazz band that performed in the late 1930s through the mid 1940s. They played a few nights a week in a 200-mile

radius. The *Southernaires* played several universities during their time.

“In those days, we performed in tuxedos. We had a summer tux and a winter tux,” says Wendol. Wendol is a fan of Count Basie, Benny Goodman, Tom Dorsy, and Artie Shaw. He saw Benny Goodman and Tom Dorsy in concert several times. Wendol eventually moved into business and in 1969 he moved to Sioux Falls and founded Holcomb Freightliner, a truck dealership. He retired from his business and handed the reigns over to his son-in-law seven years ago.

Wendol and his late wife raised three children and have three grandchildren. He has lived at Waterford for nearly seven years. After looking at other retirement communities in the area, they decided on Waterford.

“We thought Waterford was the best and wasn’t that much different cost-wise. It was a few cuts above the rest,” Wendol says.

When Wendol isn’t conducting Jazz 101 at Waterford, he can often be found making his daily trip to Starbucks, reading at Barnes and Noble, or listening to music from his 650-title CD collection.

Wendol is quite happy with his home. When asked what his favorite thing about Waterford is, he replies, “The people here are very friendly—those that live here and those that work here. They go out of their way to accommodate you. You can do your own thing without being pushed to participate or not. I like the independence.”

Getting to Know You



Residents share in refreshments, stories, and laughter at Getting to Know You. It is a time to meet new neighbors, new staff, and share stories of special trips or family events. Getting to Know You is a favorite among many residents, because it gives them the chance to connect in a relaxing and fun environment.

Upcoming events

Thursday, April 6, 7:30 pm—Roosevelt High School String Orchestra performance at Waterford Chapel.

Saturday, April 15

- **9 am**—Waterford’s Easter Egg Hunt. Front lawn.
- **10 am**—Easter Church Service with brunch to follow at 11:30 am. Chapel and Imperial Dining Room.

Tuesday, April 25, 2:30 pm—*I have a will, now what do I do* presented by First National Bank. Chapel.

Thursday, April 27, 3:30 pm—South Dakota Symphony String Quartet. Chapel.

April Fools' Day is here. Some use this holiday to play tricks and to provoke laughter among friends. This holiday is not only fun, but the humor it brings can improve emotional and physical health. This article is intended to tickle your fancy and give you a smile. Here's to health and good laughs.

Grand adventures

CEO honors the original adventurers

Touchmark CEO Werner G. Nistler has run dozens of marathons, flown planes through snow, sleet, and rain, and has blazed into the resort-retirement industry with fabulous success. To celebrate 25 great years and to honor the original adventurers, Lewis and Clark, Werner will retrace the Expedition's path.

"I plan to use the same equipment that Lewis and Clark used," says Werner. "No modern devices—candles, canoes, and sleeping under the stars." Werner will also wear the traditional garb of Lewis and Clark, including leather boots, a fur cap, and woven clothing. He is extending an invitation to others who would like to join him.

The 3,700-mile-trip will begin April 1, 2006 and will end at the Pacific Ocean on April 1, 2008. Werner will continue his duties as CEO via handwritten letters. He also plans to write about his experience in journals.

(This just in: Werner will postpone his trip until April 3, as he has been drafted by Touchmark University for an important game.)



Touchmark CEO shoots and scores at a recent Touchmark University game. Basketball is just one of this adventurer's interests.

Residents celebrate with skydiving

Residents Annie and Ralph Johnson will celebrate their 50th wedding anniversary this spring by jumping from a plane. "I've always wanted to fly—literally," says Ralph. "Our anniversary is a perfect time to take this leap of faith like we did 50 years ago." The Johnsons met and married while working as teachers in Nome, Alaska.

Annie plans to use a pink parachute for her jump. "I'm so excited," says Annie. "I too have always had the dream of flying, and I wouldn't want to jump with any other person than Ralph." The Johnson's son and daughter fully support the skydiving event and are even paying for lessons. The jump will take place April 1.

Around the world in 80 days

Resident Cathy Smith will celebrate her eightieth birthday by traveling around the world in 80 days. "My granddaughter and I read *Around the World in Eighty Days* by Jules Verne last year, and we both agreed an 80-day trip would be an amazing way to celebrate," says Cathy.

Cathy will leave April 1 by plane from New York City and will travel to Spain, Africa, and Australia. While in Spain, Cathy plans to participate in a traditional bullfighting contest. "I've been practicing," says Cathy. She will stop in Africa for a safari and will spend a few days living in the Australia outback with kangaroos.

