



A Touchmark® community



The broad reach of this special community



Message from
Angie Rabon
—Executive Director

It's here! The month of May is finally here! As school comes to a close at the end of this month, it makes me stop and remember all of the children who attended All Saints School. One of my favorite tours I have given was for a group of three ladies who attended school at All Saints. They were such a delightful group; I truly enjoyed our tour. When we got to the chapel in the historical portion of our building, the memories flew! Starting with a "formal" procession into the chapel and ending with the singing of hymns and school songs.

Each of the ladies in my group was pleased by the changes that were made to convert All Saints School to Waterford at All Saints. They were happy that the feel of the historical building was preserved and remained familiar to them. The ladies were even more impressed by the ease and comfort of our entire campus. It was quite the afternoon walking around with them and listening to all of their memories.

Walking around the building and grounds of All Saints proves that things do come full circle. From grade school to a retirement community, the All Saints campus has done it all!

I believe that it is in our nature to look for things that are familiar to us. Nostalgia can become more important to us as we grow older. At Waterford, we are always hearing about memories of residents, their children, and our neighbors. Playing on the hill, hiding in the old tunnels, or attending school here—All Saints is familiar to so many. Won't you join us at our community this summer? Come and experience the history, beauty, and familiarity of Waterford at All Saints. The door is always open!

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Celebrate National Senior Health & Fitness Day

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

This year, the President's Council on Physical Fitness and Sports celebrates its 50th anniversary with a campaign titled *Get Americans Moving*. One of the Council's areas of focus has been the impact of physical activity on healthy aging for individuals over the age of 65. Prior to the Council's work in this area, all of the testing norms and protocols used to measure physical fitness and performance were based on college students and Caucasian males around age 40. It isn't hard to see why they didn't apply to other age groups within the population.

Here are a few facts the Council has verified in the last 50 years:

- **Adults 18 and older need 30 minutes of physical activity on five or more days a week to be healthy.**
- **Significant health benefits can be obtained by**

including a moderate amount of physical activity (e.g., 30 minutes of brisk walking or raking leaves, 15 minutes of running, 45 minutes of playing tennis). Additional health benefits can be gained through greater amounts of physical activity.

- Thirty to 60 minutes of activity broken into smaller segments of 10 or 15 minutes throughout the day has a significant health benefit.
- Moderate daily physical activity can reduce substantially the risk of developing or dying from cardiovascular disease, type 2 diabetes, and certain cancers.
- Thirty-seven percent of adults report they are not physically active. Only three in 10 get the recommended amount of physical activity.

As the Council turns 50, the organizers of National Senior Health & Fitness day are preparing for its 13th annual celebration on Wednesday, May 31. More than 1,000 local organizations in cities large and small in all 50 states will host a variety of health-and fitness-related activities based on the interests of their local constituents. We invite you to attend the special day of health awareness and activity being celebrated at Waterford. Life Enrichment Director Krista Musser is soliciting participants and volunteers to make May 31 a day to remember. Mark your calendar now and join the celebration for improved health and wellness.

Upcoming events

Friday, May 5, noon—Style Show, presented by Go Casual. Imperial Dining Room.

Sunday, May 7, 2 to 4 pm—*Memory Connection*, presented by Memory Care Manager Wendy Schrag, LPN. Chapel.

Wednesday, May 31, 9 am to 4 pm—National Senior Health & Fitness Day. North Dining Room.

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

All Saints—deep with history

by Jennifer Schultz

—Sales Associate

Waterford resident Mary Jane Reardon looks out the same school house windows she looked out nearly 80 years ago. Only instead of attending school, she relaxes and enjoys her retirement years. Jasper Way, the name of the hallway next to Mary Jane's home, is named after the Sioux Falls jasper stone used to construct the main building on the All Saints campus in 1884. Mary Jane (Heinsheimer) Reardon attended the school in the 1920s and early 1930s.

“We want everyone who comes here to feel that there is about every human being a glory.”

—*Bishop William Hobart Hare, founder of All Saints School, 1838-1909*

She and her sister, Kathrine, were students who hunted for the Golden Egg, which is now a Waterford Easter tradition. They also were among those

students who danced around the Maypole. The May Fete was one of the most cherished traditions at All Saints. Each year, a May queen was crowned, and the entire school took part in the fantasies of May Fete. The Maypole dance at All Saints was held in honor of the May Queen. Students danced around the pole weaving colorful ribbons in an intricate braided pattern.



Mary Jane Reardon, who attended All Saints School in the 1920s, sits in front of a school house window in her home.



Pupils studying in the All Saints school house, now Waterford at All Saints.

Mary Jane and her sister did not permanently live in the boarding house, which is now Chapelwood, at All Saints School. A few times a year they would board at the school when their parents left town. There were a few boys who attended school during Mary Jane’s tenure. However, it was a rare occurrence, because so many girls enrolled to attend All Saints.

Bishop William Hobart Hare, the founder of the school, laid the cornerstone of “his girl’s school” with money from his eastern friends, including Mrs. John Jacob Astor. He wanted a place where students could be taught in a Christian atmosphere that placed attention on the social graces. The Bishop wanted to bring out the glory in everyone through education and declared the All Saints School motto to be “From Glory to Glory.”

The teachers of the school worked to make that motto a reality. Mary Jane said that the teachers of All Saints were women in the community. She remembers attending chapel every day. The All Saints Chapel has now been fully restored and is a favorite place for her.

“I love that chapel. It is so beautiful,” Mary Jane says.

Mary Jane graduated from All Saints in the early 1930s and married a young man from her neighborhood, the late Thomas Reardon. In 1999, Mary Jane and Thomas moved back to All Saints into a home located on the second floor of the old school house. Mary Jane enjoys her home, looking out onto the same campus she used to play on as a child.

When asked what it is like residing in the place where she used to learn reading and arithmetic, Mary Jane replied, “It’s different, but I have just always loved All Saints.”

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Celebrate National Senior Health & Fitness Day with Waterford



Join us May 31 for National Senior Health & Fitness Day! The day will start with a Stepping Out walk at 9:30 am. Enjoy speakers on various topics, plenty of snacks, and wellness booths. The booths will be set up from 1 to 4:30 pm. Come talk with representatives about health and wellness, check your blood pressure, and much more.



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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.

Memorial Day ...

by Jack Danz
—United States Veteran and resident

A day in our life when we stop and pay a moment of thought to our loved ones, dear friends, and acquaintances who gave their life for the love of their country.

I remember when I was a private in the United States Army and went into New Guinea, my first contact with war. We were a patrol scouting behind the Japanese lines seeing where they might be. We weren’t prepared to fight. We just carried small guns and had grenades on our belts. We all needed a rest, so we sat down in a circle. Out of the blue, a grenade slipped off the belt of Private Higgins. It rolled

into the middle of our circle. There wasn't time to throw it away from harm. Private Higgins, without hesitation or conversation, got up and laid on top of the grenade. He gave his life for his comrades and country.

I wish there was some way I could pass along to his family the respect I have for this young soldier. Over the past many years I have never forgot this courageous act that happened to me in New Guinea. Don't forget Memorial Day and the loved ones who you lost. Don't hesitate. Honor them with flowers or a visit!

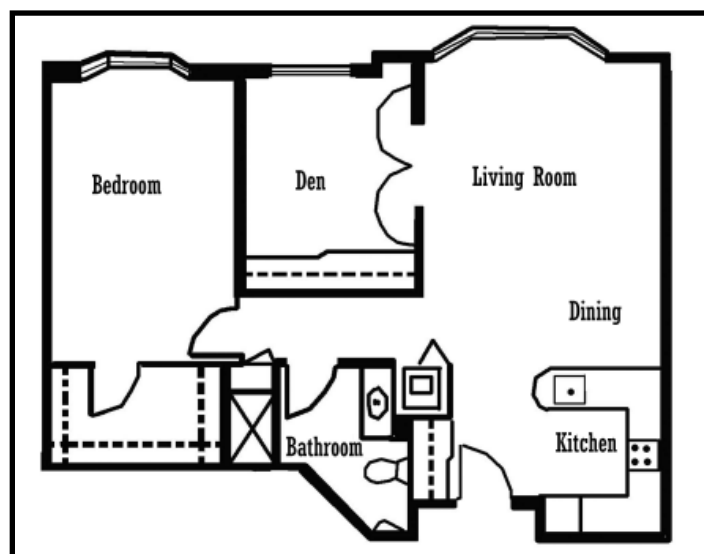
For June, please submit a nostalgic story. Deadline for this issue is May 6. For a list of the guidelines, monthly themes, and deadlines, please contact Life Enrichment Director Krista Musser.

Bright and cheery home available

Bask in the nice southern sunshine that pours into the windows of this lovely one-bedroom home featuring a den with French doors. This spacious home includes a washer and dryer and a full kitchen.

Enjoy 816 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 lovely home or others, contact Millie, Jennifer, or Kelly at 800-713-1117 or 605-335-1117.



Call today to tour this home.

Touchmark cruise winner sets sail May 26

Spokane-area resident and Touchmark's 25th Anniversary Life Enrichment cruise winner P.J. Brenden and her husband depart for Europe May 26. Once arriving in Athens, the couple will travel 15 days on the ms Rotterdam of Holland America Line and will visit Rome, Monte Carlo, Paris, Lisbon, Barcelona, and other "grand European capitals," which is the title of the cruise they selected.

A self-proclaimed art enthusiast, P.J. knew Europe would present an enriching experience. "The biggest draw was Paris. I literally tear up when thinking about standing in front of the Mona Lisa," says P.J.

P.J., who is an avid quilter, visited Waterford on South Hill in Spokane, Washington, during its popular quilt show last year and signed up for Touchmark's 25th Anniversary Life Enrichment cruise drawing. "This is really a coveted trip for me," says P.J. "I started dreaming about the trip at 17. ... I'm just very grateful [to Touchmark]. ... It will be life enriching—a once-in-a-lifetime gift."

To follow the couple's cruise adventures, visit touchmark.net/com/cruise/index.aspx.

