



A Touchmark® community



Preparing for summer vacation?

Come and enjoy the summer with us here at Waterford. We will even let you cut the watermelon!



Message from
Angie Rabon
—Executive Director

Well, the month of June is finally here. Let the vacations begin! As I listen to all of the summer vacation plans of my friends, coworkers, and the residents of Waterford, I am living vicariously. Many are making wonderful plans to travel for family and class reunions or just a wonderful getaway to someplace tropical!

Each year there seems to be more and more involved in the planning of a vacation: where to go, when to go, and fitting a trip into busy summer plans. Wouldn't it be nice to simply close your front door and be on your way? No worries about who will bring in the mail and the paper, who will mow the yard, or what will happen if a pipe would break while you're away.

Problem solved! Let Waterford handle all of those items. Yes, once you have made a move to Waterford, we will be here to assist with all those things while you are traveling. And if you're not vacationing anywhere, make Waterford your home and "vacation spot" by enjoying all of the wonderful things that are planned for this summer. Join us as we grill out on the pavilion Fridays at noon. Enjoy a Sioux Falls Municipal Band concert on the front lawn, and take part in several picnics and outings to enjoy our wonderful city and state parks.



Connecting the generations

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

In the modern world—at least throughout much of North America today—the “wisdom of elders” is often overlooked and sometimes unattended. The lessons of the past have shown that the elder statesmen, scientists, businesswomen, poets, writers, homemakers, and philosophers have provided wisdom and life experience to all of us via the political process, cultural enrichment, and critical thinking. In today's society, however, it seems that we have forgotten the contributions of our elders through the ages.

**“One thing is certain,
and I have always
known it—the joys of
life have nothing to
do with age.”**

—*May Sarton, poet*

William Thomas, MD, is a researcher and practitioner who has studied the phenomenon of isolating older adults. He states that, “Loneliness, helplessness, and

boredom are impervious to the silver bullets of modern medicine.” As people age, what they need to offset the possible loss of family, neighbors, and friends are caring relationships provided by an environment of support and sustaining efforts of goodwill.

Children may or may not have access to the opportunity to share their dreams and stories with a grandparent or older adult who is not a member of their family. The intergenerational programming in Touchmark communities is designed to bring people of all ages together to enrich each other's lives. In many program offerings, children are gaining knowledge and respect while developing genuine mutual friendships with residents in their seventh, eighth, and ninth decade of life; in fact, there are centenarians in some communities. Programs and events are held both inside and outside Waterford to support ongoing relationships among residents and guests of all ages. To contribute ideas or volunteer in the Full Life intergenerational programs we sponsor, contact Life Enrichment Director Krista Musser.

What others are saying

“Waterford is a very nice home base for all of our travels. We love our home, because we were able to design the inside. As we get older, we will be here all of the time.”

Steve and Kathy Everist
—Residents



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 June is “I remember when”

What a prom night!

by Hazel Nervig
—Resident

I remember when ... I was a junior at Watertown High School and prom was coming up. My Latin teacher, Ms. Lister, met me in the hall and asked me why I wasn't going to the prom.

“I don't have a dress.”

“I have gone on several cruises, so I have a couple dresses that would be your size,” Ms. Lister replied.

“But I have no date!”

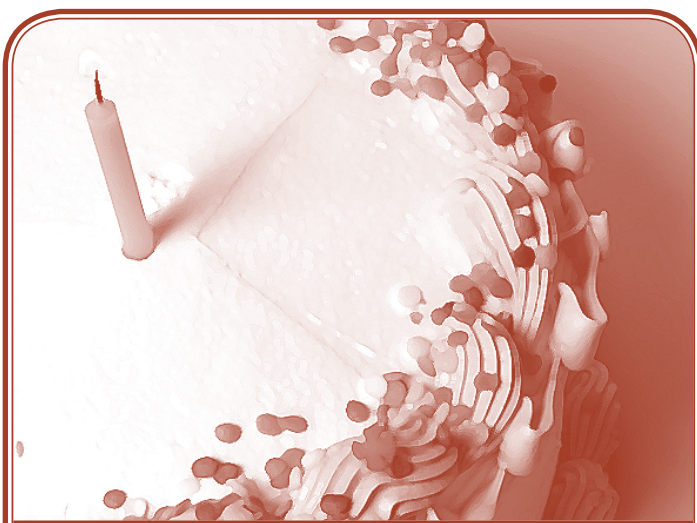
“Well, come on, let's go to the date bureau!” she replied.

So I took the dress home and hung it up—above the heat register. The furnace blew up! So after a quick trip to the cleaners, Fred and I were finally off to the prom.

We enjoyed the night dancing to our favorite tunes, even though Fred's shoes were pretty scuffed up! After prom, Fred and I hopped into his uncle's car that he was borrowing. It then started to rain very hard. Not knowing the car very well, Fred had a hard time finding the button to turn the windshield wipers on. Before he could turn on the wipers, we ran into the curb and blew a tire!

“You stay here. I'll go and get help,” Fred said.

“I'm not staying in the car by myself! I'll go with you,” I replied.



Upcoming event

Waterford's 10th Anniversary Celebration

Tuesday, June 27

10:45 am: front lawn

Building a time capsule with Garfield Elementary students

11:30 am: courtyard

Barbecue lunch

11:30 am to 4 pm:

Open house with door prizes throughout the day. Reserve a home June 27 and receive your 10th month for no charge.

1 pm: main dining room

Jim Woster, Avera McKennan ambassador

So I hiked up my dress, and we went sloshing up to the nearest fill station. After many hours passed, we got the tire fixed. Fred finally got me home about 3 am, and I haven't seen Fred since. But the funny thing about my prom night was—my parents believed the entire story!

For July, please submit a poem featuring patriotism and community service. Deadline for this issue is June 6. For a list of the guidelines, monthly themes, and deadlines, please contact Life Enrichment Director Krista Musser.

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“Waterford is my home ... ,” says seasoned traveler

Traveling to France can be an experience of a lifetime, and for Waterford resident Norma DeGroot it was also a celebration of her 92nd birthday.

Norma traveled to Paris with her son, Charles, and daughter-in-law, Clydette. They spent the first few days of their trip in the city enjoying time with a group of Americans who attended book reviews and book signings. Norma's birthday was spent dining with her family in a beautiful Paris restaurant.

“The restaurant had a ceiling that would open to the night sky. It was just beautiful,” Norma says.

After the birthday celebration, Norma's family traveled to the south of France for a larger birthday celebration. Charles



Norma DeGroot (center) celebrates her 92nd birthday in Paris with her son Charles and daughter-in-law Clydette.

and Clydette have a residence in the south of France, and they had made several friends from their travels there. The group had planned a festive birthday party for Norma with 40 people in attendance from 10 different countries.

Norma says she enjoys her travels, but likes coming home to Waterford. She has lived here for 10 years and participates in as many activities as she can. Norma's sister, Lucy Schaefer, and sister-in-law, Doris DeGroot, live at Waterford as well. Together, they enjoy spending time with their neighbors in Chapelwood and play mah-jongg three times a week.

“We are like a family,” Norma says of the Waterford community. Norma also walks on the treadmill in the Heart Smart fitness center at 6 am, plays bridge, and attends yoga class on Saturday mornings, weekly wine socials, and book reviews.

Norma's future travel plans include a river cruise on the Danube River in Europe with her sister, Lucy, Lucy's daughter, and another Waterford resident. She looks forward to the mid-October trip, but is always glad to come home. “Waterford is my home now—you always like your home.”

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Touchmark's unique family e-mail helps bridge the digital divide!

Increasingly, people of all ages are turning to the Internet and e-mail to keep in touch and send photos. If you have family or friends living at a Touchmark community who don't have e-mail, you can still communicate with them electronically by using Web e-mail. Here's how:

- Go to **Touchmark.com** and locate the appropriate community.
- Once you're on the community page, click on the **Contact Us** on the left-hand side.
- A screen that lists several options will load; click on **Send a Message** to a Resident.
- Write your message.
- Click **Send**.

The message is sent to a designated staff member, usually in Social Services or Life Enrichment, who prints the e-mail and hand-delivers it to the recipient.

Beverly den Ouden's father lives at Waterford at All Saints in Sioux Falls, South Dakota. "My father is frequently in my thoughts, [and] the quick use of the e-mail is a convenient and meaningful way to connect those thoughts to the person I love."

If a resident wishes to reply to an e-mail, he or she can contact the staff member who hand-delivered the e-mail. The staff member will work with the resident to compose and send an e-mail response. Residents living in Touchmark communities also can take advantage of several computers located in Touchmark libraries or business club rooms. For more information, please contact the front desk.

Wise words

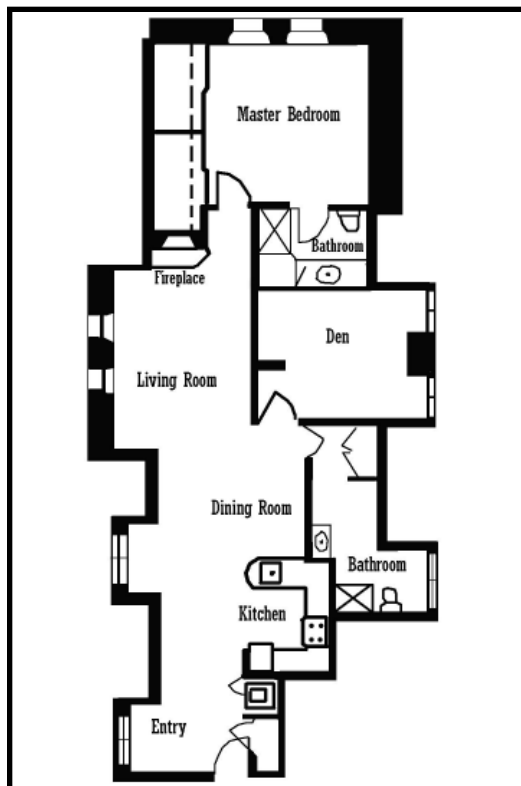
"Live in each season as it passes; breathe the air, drink the drink, taste the fruit, and resign yourself to the influences of each."

—Henry David Thoreau

Tour this Chapelwood home

Enjoy comfortable living in this beautiful historical home in Waterford's Chapelwood. This home has unique architectural features, a fireplace, and extra storage space. Enjoy this one-bedroom with a den featuring a full-size kitchen, two bathrooms, and a washer and dryer.

Take advantage of 1,164 square feet of living space, weekly housekeeping, fine dining, a fitness center, access to many social activities, and other amenities. To tour this Chapelwood home or others, contact Millie Gullickson, Jennifer Schultz, or Kelly Woldt at 605-335-1117 or 800-713-1117.



Call today to tour this charming home.

