



A Touchmark® community

Waterford at All Saints

February 2006



## Happy Valentine's Day!



Message from  
**Angie Rabon**  
—Executive Director

Since the month of February makes us think of hearts, it seems only fitting that all of us at Waterford would take a look at options to obtain a healthy heart. This year, Waterford is pleased to announce our partnership with the YWCA. Two daily classes will be offered by the YWCA on Mondays and Thursdays for all residents. The classes will vary in skill level and type. This will be a great addition to our Saturday yoga classes and the other Life Enrichment fitness classes offered at Waterford.

Our focus on a healthy heart will continue with a speaker from Avera McKennan on February 22. The topic will be Heart Healthy. Please come and join us at 2:30 pm to learn ways to help you obtain a healthy heart.

## The heart of the matter

**Marge Coalman, EdD**  
—Wellness & Programs Director, Touchmark

*“The best and most beautiful things in the world cannot be seen or touched ... but are felt in the heart.”*  
—Helen Keller

In our culture the word heart has multiple meanings. Consider this, according to the American Heritage Dictionary: **heart**: n. **1.** The chambered, muscular organ that pumps blood received from the veins into the arteries, maintaining the flow of blood through the circulatory system. **2.** The vital center and source of one's being, feelings, and emotions.” How did one word get to be so “bipolar” in its definitions? Anthropologists debate the source for the designation of the human heart being the control center for emotions and feelings, but many believe that it is due to the critical nature of this important organ in regard to sustaining life.

In today's world we know the importance of good heart health. With the advances in medical science and research, physicians can accurately determine the condition of the heart and its supporting network of veins and arteries through a variety of tests, scans, and blood work. High cholesterol, obesity, smoking, inactivity, and a host of other less prominent risk factors all contribute to the viability of the body's most important organ in sustaining life. Further, there are multiple medications, surgeries, and treatments to improve the function of this hardworking muscle. Rating one's “heart health” via an annual physical exam is not only prudent but critical to healthy aging.

February is heart month in the United States and internationally, and it has far more to do with education and well-being than Valentine's Day and chocolates. The

offerings and activities of Waterford's Life Enrichment and Wellness program focus on providing educational and physical opportunities for residents, their families, and guests to know how to have a heart-healthy lifestyle. Check this month's schedule for a special emphasis on heart and health and the important aspect of emotional well-being. Our goal is to support optimal aging and well-being for every resident every day.

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## What others are saying

"Thank you so much for taking such good care of my dad. He says, 'home is on the farm, but Waterford is a good place for me to be—I'm safe, warm—and the food is always good.'"

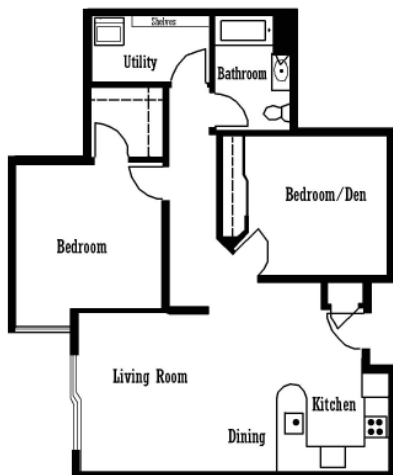
Marilyn Swanson  
—Family member of resident

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## Home for sale

Enjoy this beautiful two-bedroom home in Waterford's Dakota Park. This lovely home features specialty carpeting, custom window treatments, added bathroom cabinetry, a private patio on a rooftop pavilion, and a large utility room with extra storage.

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



**Call today to tour this attractive home.**

## 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 February is Heart-to-heart.*

## Father inspires a lifetime of happiness

**Kathryn Kester**  
—Resident

I'm thankful for the good father that brought me up. He was a hardheaded old German. He was widowed and left with a 13-year-old daughter and a 3-year-old son. He was a smart, handsome man who knew everything about income tax. He even taught a class to lawyers in Iowa.

My father sent me to a girls' school, St. Joseph's Academy, in Des Moines, Iowa, from the fourth grade until graduation. My father believed that everyone should earn a college education. He received a three-year high school diploma, and always felt he missed out due to this. My birthday is August, and I am the Virgo sign, which means caring. Ironically, I have always wanted to care for others, which brought me to pursue a degree in nursing. I received my diploma degree in nursing at Mercy in Dubuque, Iowa (my father's and my birthplace). This was during the war, so we nurses got to do many interesting jobs that were usually assigned to other staff. We were called upon to do anything from laundry to counseling, which I believe broadened my education. During my career, I worked in the Disaster Relief for the American Red Cross for 10 years.

I have many things to be thankful for. I have two wonderful children. My son is a geologist at Earth Resources Observation Systems and my daughter is a speech pathologist in Virginia. I'm fortunate enough to live at Waterford. I have been here since 1983 after I was in a car accident; and I still talk to my brother, who is a retired insurance executive and who lives in Texas, daily. I believe my father is responsible for all of these blessings!

*The theme for March is Humor and Life Balance. Deadline for this issue is February 6. For a list of the guidelines, monthly themes, and deadlines, please contact Life Enrichment Director Krista Musser.*

## It's time to make your reservation!

If you're interested in participating in Touchmark's Fall Foliage cruise, which sails October 21, 2006, it's now time to make a \$250 deposit to hold your room and guarantee the price.

The cruise is open to all Waterford residents, family, friends, investors, and staff. The special group rate is based on availability and is per person with double occupancy in each cabin:



- Outside cabin-\$1,585
- Outside cabin with balcony-\$1,785

The cost includes insurance, taxes, and round-trip transfers. (Travel to and from New York not included.)

The Star Princess will depart New York City for a stunning seven-night cruise that will take in the fabulous fall foliage of the eastern seaboard. Travelers will visit Halifax, Nova Scotia; St. John, New Brunswick; Bar Harbor, Maine; Boston, Massachusetts; and Newport, Rhode Island. Brochures are available at Waterford with more details.

Sign up now for a colorful and memorable cruise. For more information and to make your deposit, call Edwards LaLone Travel at 800-288-3788.

## Upcoming events

**Fridays, February 3 and 17, 2:30 pm**—Jazz 101. Learn about great jazz musicians with resident Wendol Holcomb. Family room on second floor.

**Wednesday, February 22, 2:30 pm**—Heart Health. Avera McKennan Health and Disease Management staff present ways to keep your heart healthy. Chapel.

**Sunday, February 26, 2 pm**—Hand Chimes performance by First United Methodist Kids. Chapel.

## Influential couple serves community—Meet Charles and Elizabeth Balcer

Residents Charles and Elizabeth Balcer, Augustana College's 16th president and first lady, have devoted their lives to education, family, and volunteerism. Charles and Elizabeth are still very active in the academic community in Sioux Falls, and their legacy perpetuates through their gift of academic scholarships.



**Residents  
Charles and  
Elizabeth Balcer**

Charles and Elizabeth began their careers in education as a speech teacher and elementary education teacher. Shortly after Charles began teaching, he served in the military during World War II. Upon his completion of military service, Charles completed his master's degree and doctorate in teaching at the University of Iowa. After this accomplishment, Charles accepted a teaching and administration position at St. Cloud State University in St. Cloud, Minnesota. Elizabeth supported Charles' academic work as a faculty spouse and mother of their four children.

In 1965, Charles and Elizabeth joined the Augustana family as Charles took on the role of the college's 16th president. The college experienced tremendous growth under Charles' direction. During his presidency, Elizabeth maintained a high profile through Augustana fundraising events, Augustana Auxiliary, community service projects, and church groups. She was named one of the *100 Most Influential People in Sioux Falls* by the Argus Leader.

Charles retired in 1980 from the Augustana presidency. However, he and Elizabeth didn't sit still. Charles took a one-year sabbatical and taught speech at the University of Arizona. Upon his return to Sioux Falls, he taught full time in the speech, drama, and communication department at

Augustana until 1986 and then returned part time for two more academic years.

Today, the couple remains active at Augustana College and in the community. Elizabeth continues her work with the Library Associates and the Auxiliary. In 1983, they began awarding the Elizabeth Balcer Scholarship to a female student each year. They continue to be involved in Our Savior's Lutheran Church, the Banquet soup kitchen, Sioux Falls public schools, and the Good Samaritan Society.

The Charles and Elizabeth Balcer scholarship was established at Augustana, and Charles initiated a Class of 1942 scholarship at his undergraduate alma mater, Winona State University in Minnesota. In 2003, Charles and Elizabeth were awarded with honorary doctorates of humane letters from Augustana College.

Today, Charles and Elizabeth enjoy their children, grandchildren, and great grandchildren. They reflect on their academic and community involvement, and for the past three years have enjoyed a comfortable life at Waterford.

"Waterford fills our needs very well," says Charles. Elizabeth adds, "The location of Waterford is absolutely fantastic."

When asked what their favorite aspect about Waterford is, they both replied, "We can do our own thing here. We are able to be independent."

as a speech pathologist and for Beverly Healthcare as a rehabilitation and clinical consultant. Kelly came to Waterford because she had an interest in pursuing a sales and marketing position.

A Sioux Falls native, Kelly enjoys spending time with her family and friends and places importance on maintaining a fitness schedule. She is happy to be a part of the Waterford community.

"I have been so impressed by the friendliness and the wonderful welcome I have received at Waterford," says Kelly. "I look forward to working with the staff and getting to know the residents."

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## Meet Waterford's new Sales Associate

Kelly Woldt is Waterford's newest sales associate. Kelly works in the sales office keeping in touch with prospective residents and doing community outreach, leading tours, and more.

Kelly has a background in the medical field. She has a master's degree in speech pathology from the University of South Dakota and has worked for Avera McKennan



**Kelly Woldt**  
**Sales Associate**