



A Touchmark® community



Happy New Year!



Message from
Angie Rabon
—Executive Director

As many pause to reflect on the past year, I've always been more interested in the year that is just beginning. The new year leads me to think of all the new possibilities that are waiting. The thought of a "new beginning" does not fill me with fear but with eager anticipation!

Each new year gives everyone the opportunity for growth. It may be intellectual, physical, cultural, or spiritual growth. Imagine the wonders that wait for us all this year—the places and things we will see, the new friends we will make, and the new things we will learn. So much fun and excitement are waiting for us this new year.

There is no better time than this to come and visit us at Waterford. If you are looking for a new lifestyle opportunity, now is the time to come and see what Waterford has to offer you. I know that you will be pleasantly surprised at all the activity taking place within our community. Come and join us this new year and enjoy the offerings of 2006!

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Mind, body, and spirit: solutions not resolutions

Marge Coalman, EdD
—Wellness & Programs Director, Touchmark

What is all this fuss about "mind, body, and spirit?" If one goes online to check it out, there are several pages of information, suggested resources, and, of course, products for sale to promote "holistic health" and well-being. Most of us over the age of 50 have experienced the giant pendulum that swings back and forth in this area. There is always the latest and greatest in "for sale" remedies and tools—theoretically to help people be more connected to their essential selves.

In fact, the notion of holistic goes back to the beginning of written works and is discussed and described by Aristotle, Galileo, and Buddha as well as referenced in the Holy Bible, the Koran, and numerous other valued sources. From childhood, we are aware of our inner being that provides a conscience; a feeling of love and warmth provided by those who love and care about us; and our own individual palette of human emotions and desires. Most adults know whether they are in well-being or ill-being—physically and emotionally—based on real markers of appetite, sleep, and overall good health.

As January comes, it is a good time to review the status of your individual state of well-being. Instead of making "New Year's resolutions" it might be more productive to look for "New Year's solutions" to any and all concerns that create a feeling of ill-being, discomfort, or pain. Doing an individual inventory can be supported by the wellness professionals here at Waterford. If health care

providers need to be involved, Life Enrichment staff can help with that referral or contact. This year do an *internal check-up*, and let us help you find the resources you are seeking to make 2006 a year of good health, happiness, and well-being.

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“Is laughter really the best medicine?”

The start of a new year is as good a time as any to begin including daily doses of humor and laughter in your life. According to Marge Coalman, EdD, Wellness & Programs director for Touchmark, drawing on these two free coping mechanisms daily can make a real difference in the quality of our lives.

“Laughter is a physical phenomenon, while humor is a perceptive belief,” says Marge. She points out that laughter causes individuals to enter a positive emotional state that can boost the immune system by elevating antibody levels in the body. On the other hand, humor provides mental stimulation that can improve one’s mood, sometimes lasting for a prolonged period.

Marge reviews the research in this area and highlights the difference between these two resources for well-being in an article just published in the *Journal of Active Aging* (vol. four, issue six).

For a copy of her article, visit touchmark.com/MAC-IsLaughterReallyTheBest.pdf.

Upcoming events

Thursday, January 5, 10:30 am—Book Review with Candace Cameron. Fireside Room.

Wednesday, January 11, 1 to 3 pm—Open House.

Wednesday, January 11, 2:30 pm—Kidney Disease and Dialysis presentation. Da Vita of Sioux Falls. Chapel.

Wednesday, January 25, 2 to 5 pm—Keeping the Balance in Life presented by Interim Healthcare. Free balance screenings performed by a physical therapist. Heritage Room.

Friday, January 27, 2:30 pm—Advanced Implant Seminar presented by optometrist Vance Thompson.

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

Meet Waterford’s Life Enrichment Director

Jennifer Schultz
—Sales Assistant

Full-life wellness is the goal of Waterford Life Enrichment Director Krista Musser, a certified therapeutic recreation specialist (CTRS). Krista aims to fulfill the residents’ abilities, needs, and interests through a Full-Life Wellness Program. She has done this through health seminars, physical wellness programs, wine socials, musical performers, and more.

Krista came to Waterford in March 2005. Previously, she spent six years at Beverly Healthcare as a recreation therapist and activity director. She graduated from the University of South Dakota with a bachelor’s degree in Recreation with an emphasis in Therapeutic Recreation.

Krista was attracted to Waterford because of the opportunity to plan and provide meaningful events.

“I love getting the residents’ input and finding out what they like and don’t like,” says Krista. “The residents and coworkers are so wonderful. It is great to be able to work with such supportive people. The teamwork here is exceptional.”

Outside of work, Krista enjoys spending time with her family. Six months ago, Krista and her husband, Darin, welcomed their first child, son Braxton. They live in Lennox, South Dakota. When Krista has the time, she enjoys running and loves to shop.



Krista Musser
Life Enrichment Director, CTRS

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Waterford and YWCA partnering in 2006

Krista Musser, CTRS
—Life Enrichment Director

Waterford and the YWCA have established a partnership to provide an extended Life Enrichment program to the

residents at Waterford. Effective January 2006, we will provide advanced wellness classes in addition to our existing exercise classes. The new classes will focus on enhancing well-being through strength and balance. Call to find out more about these exciting new classes.

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What others are saying

“The people who work here treat you like you’re the greatest. They truly respect you as a person. I just love them and can’t help but hug them. They’re so nice to us.”

Mavis Gourley
—Resident

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Waterford and Titanic share historical connection



The Tiffany stained glass windows in the All Saints Chapel were donated by John Astor, a millionaire who died on the Titanic. They were a gift to Bishop William Hobart Hare, who chose Sioux Falls as his residence and built the All Saints school. Purchased from Tiffany’s in New York, they are the only Tiffany stained glass windows in South Dakota.

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Calling all photographers, writers, and poets ...

Remember when baseball bats were made of wood, and coffee creamer was ... real cream? Nostalgia is one of

several themes identified for Touchmark’s 2006 Let Your Spirit Soar program.

Writers, photographers, and poets live and create in Touchmark communities, and Touchmark would like to feature some of this talent and creativity in each newsletter.

Starting in February, at least one resident’s submission will be published in the monthly newsletter. Since February is often known as “heart month,” residents are encouraged to submit a heartfelt story, experience, or testimonial that portrays the topic “Heart-to-heart.” Deadline for this issue is January 5.

For a list of the guidelines, monthly themes, and deadlines, please contact Life Enrichment Director Krista Musser.

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Enjoying a strong sense of family—Meet Bob and Gertrude Swift

Jennifer Schultz
—Sales Assistant

Time passes and things change, but the one thing that remains for residents Bob and Gertrude Swift is their strong sense of family. The Swifts love spending time with their children, grandchildren, and great-grandchildren. They have spent nearly their entire lives in Sioux Falls, raised their children in the house where their daughter now lives, built a business, and contributed to their church.

Bob and Gertrude married 64 years ago after meeting at Sioux Falls College. Bob served six years in the Air Force as a bombardier and earned numerous medals in World War II, including a purple heart. His military service took him to North Africa, where he commanded men and tested bombs over the Mediterranean Sea.

Bob’s family has a rich history of serving in the military. His great-grandfather served in the Civil War as a Yankee. The great-grandfather’s brother served as well and was captured and held in the infamous Andersonville Prison in Sumter County, Georgia.

Family history continues to weave through the lives of the Swifts. Gertrude was a homemaker, hospice volunteer, and taught Sunday school for 30 years. She is an avid antique collector and a classically trained pianist. The gift of music has been passed throughout the family. They have a granddaughter, Beverly Jane, who is an opera

singer, and a grandson, John, who is a pianist. John is currently earning his master's degree in music. "I am so proud of him!" says Gertrude.

Bob owned and operated Swift Brothers Construction in Sioux Falls. He worked as a contractor on several big projects in the region, including First National Bank in Sioux Falls and the 3M building in Brookings, South Dakota. Four years ago, Bob and Gertrude retired, sold the business, and moved to Waterford. They also sold their house to their daughter Mary.

"Now Mary is raising her children in the house we raised our kids in," says Gertrude. Bob and Gertrude have become active residents at Waterford. They take advantage of events that interest each of them. They enjoy attending Waterford's weekly wine social and meeting friends for dinner.



Residents Bob and Gertrude Swift talk about fond memories and the fun activities they enjoy at Waterford.

Celebrating with 45 pounds of fudge and 400 sugar cookies



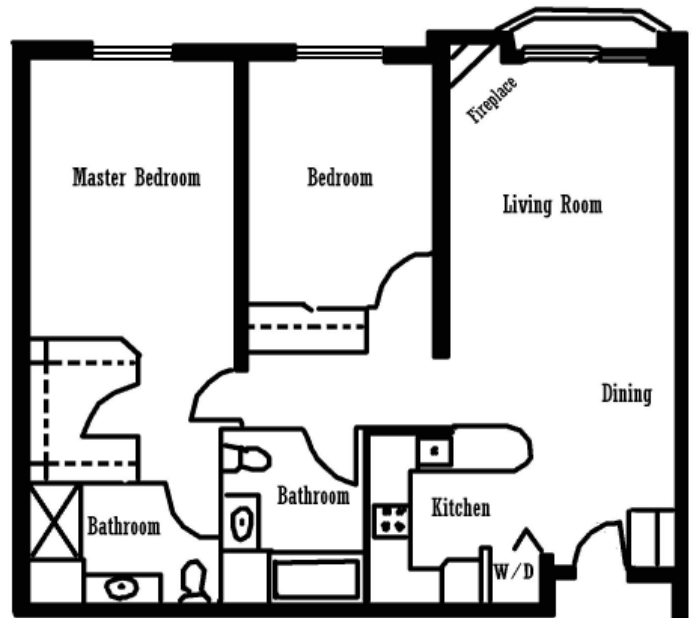
Residents and guests enjoy Waterford's holiday and Christmas social.

Fudge and sugar cookies were only the beginning—the beginning of the annual holiday social. The holiday festivities warmed the heart and had Waterford buzzing with excitement and celebration. The food, music, and decorations drew more than 500 people. It was a time of gathering for family and friends and a time of celebrating the holiday season.

Spacious home available

Enjoy comfortable living in this beautiful two-bedroom home with two bathrooms in Waterford's Dakota Park. This spacious home features an outdoor patio to a lovely rooftop pavilion, a fireplace, and a large master bedroom with a walk-in closet. The home includes a washer and dryer, extra closet space, a full kitchen, and a gorgeous view.

Take advantage of 1,115 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 or Jennifer Schultz at 800-713-1117 or 605-335-1117.



Call today to tour this spacious home.