

NEWS RELEASE

Waterford at All Saints



FOR IMMEDIATE RELEASE

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Three Waterford residents turning 100

SIOUX FALLS, S.D. — South Dakota had been a state less than 20 years when Anna Spilde, Esther Frier and Mildred Arnold were born in the Mount Rushmore State in autumn 1907. On Oct. 16 at 2:30 p.m., Waterford at All Saints will hold a party to honor the three women, who will share stories and their thoughts about becoming centenarians.

The three are among the fastest-growing demographic segments worldwide, with the United States leading all countries in the number of centenarians. It's expected the current number of approximately 100,000 will grow to nearly one million in the United States by 2050.

Born Oct. 11 in Clark County, **Spilde** is the oldest of the three. She and her husband had three children, five grandchildren, one great grandchild and a great-great-grandchild. She enjoys music and used to play the piano and organ. Today, she likes completing jigsaw puzzles and savoring her favorite treats, pumpkin pie and cream puffs. She attributes her longevity to her strong faith and good genes. Her advice to others is “think positive, work hard and use your common sense.”

Frier was born Oct. 21 in Davidson County. She has five stepchildren and many close nieces and nephews. With the assistance of the Desktop Video Magnification System based at Waterford, Frier reads the daily newspaper, her devotions and letters from family members. “Always believe that you can do as well as or better than the next person,” she says. To those wanting to live a long and rewarding life she advises, “Never let problems get you down. Be happy, cheerful and thankful for all

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your blessings.”

Arnold credits her parents and how they raised her as well as taking good care of herself for her many decades. “Enjoy every minute of life,” she counsels. Born Nov. 16 in Aurora, Arnold has one daughter and three grandchildren. She enjoys sewing and knitting — and eating ice cream.

Waterford offers a wide range of homes and lifestyle options. The retirement community is located on the grounds of the historic All Saints School at 111 W. 17th St. For more information, contact Waterford at (605) 335-1117 or visit Waterford’s Web site at WaterfordSiouxFalls.com.

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Sidebar—Living to 100

How do they do it?

How we age is determined more by one’s daily choices than from the genes inherited from our parents. Touchmark corporate Vice President of Wellness and Programs Marge Coalman, Ed.D., shares the most recent research and the important choices that make the greatest difference in achieving a healthy — and long — life.

According to Coalman, the top 10 ways to age successfully include:

1. Do not smoke. If you do, stop.
2. Maintain regular physical exams and follow your physician’s advice.
3. Learn new information. Engage in the complex and novel.
4. Participate in regular physical activity that includes daily walking.
5. Socialize and have fun.
6. Be financially stable. Get help from a qualified professional, if needed.
7. Honor your spirituality and engage in daily practices that nurture your spirit.
8. Eat less, but include the daily nine.
9. Maintain strong family and friendship networks.
10. Do not “retire” from an active, engaged life — even in retirement.

“There are no guarantees in this life, but following these principles is a great insurance policy,” she says.

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