

**Trail Ridge Retirement Community**  
 3408 W. Ralph Rogers Road Ste 100  
 Sioux Falls, SD 57108  
 605-339-4847  
 www.abhomes.net

Non-Profit  
 Organization  
 U.S. Postage  
**Paid**  
 Permit No. 7889  
 Sioux Falls, SD



Trail Ridge is owned and operated by American Baptist Homes of the Midwest, a not-for-profit provider of senior housing and healthcare since 1930.



## Trail Ridge Calendar

### NOVEMBER

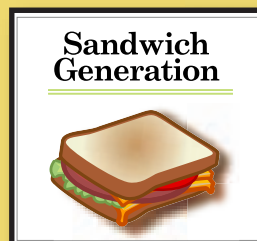
- **November 3rd, 7:00 pm:** Great Hall  
Dana Johnson Concert – “Cities”
- **November 10th, 2:00 pm:** Great Hall  
Dancing Divas and the Jammin Salmons
- **November 18th, 2:00 pm:** Chapel  
Diabetes Education and Glucose Screening,  
HyVee Dietician

### DECEMBER

- **December 5th & 6th:** No Room at the Inn,  
A display of nativities from around the world
- **December 9th, 2:00 pm:** Great Hall  
Heartland Handbells Quartet
- **December 15th, 7:00 pm:** Great Hall  
Sioux Empirians
- **December 16th 7:00 pm:** Great Hall, Holiday  
Piano Duo – Shirley Hoehl & Rhonda VanRoekle

## Helpful Information

As seen on  
TV



To watch and learn about the Sandwich Generation visit our website, [www.abhomes.net](http://www.abhomes.net), click to South Dakota go to the Sandwich Generation button to watch a recent Senior Housing Special from SD PBS.

If you know someone who lives at Trail Ridge, you've got a friend who could save you thousands of dollars!

Mention your friend when you put down a deposit on an apartment home at Trail Ridge before December 31st and save 10% off of your refundable entry fee.

For more information on our “Friends” discount, contact Bonnie or Jason at 605-339-4847.

# TRAIL RIDGE

Retirement Community

Fall 2009

## Why We Choose Trail Ridge as Part of Our Plan By Speed and LaRue Travlos



Speed and LaRue Travlos

From the moment we arrived at Trail Ridge, we felt welcomed. We still wake up every morning immersed in a world of possibilities. We see our days at Trail Ridge as “life with lots of extras.” It’s a place to relax, to revitalize and to share time with friends and

family. And we were able to customize our home before we moved in to suit our own exacting tastes!

We also feel it is a good investment. Living in an apartment home provides us with many amenities and services, without the responsibility of property taxes, repair bills, etc. If we decide to move or leave Trail Ridge the majority of our refundable entry fee will return to us or our estate. Meanwhile we pay a lower monthly fee than most other communities for a full package of services. In today’s economy, this plan can’t be beat.

Because we are social people, we enjoy taking part in all the activities and programs here at Trail Ridge. We participate in the extensive wellness program, go to OLLI Lifelong Learning classes, dine with friends and neighbors, walk the landscaped trails on our 18 acre campus, take day trips, attend weekly non-denominational chapel, go to concerts in the Great Hall, and still have time to relax with an occasional glass of wine or beer on our cozy deck.

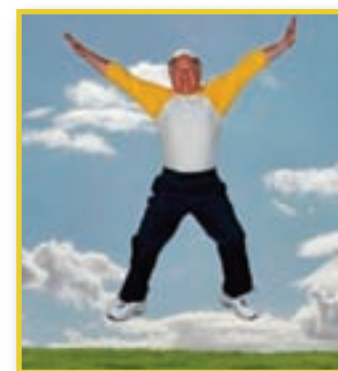
When we first visited Trail Ridge we heard many people say “don’t wait,” “move while you can enjoy all Trail Ridge has to offer.”

And, you know... we’re glad we did!



Trail Ridge Retirement Community

## Celebrate Your Freedom Years



# Join Us

**Thursday, November 19th at 12:00 pm**  
**For this FREE Lunch and Learn Event**

- Hear the real story from Trail Ridge residents & staff
- Learn the advantages of this active lifestyle
- Tour the Trail Ridge Campus

**Call Bonnie or Jason for reservations 605-339-4847**



## Exercise for Your Mind - One of the 6 Dimensions of Wellness



Everyone understands that exercising your arms by lifting weights can help improve the muscle in your arms. What can you do to improve your intellectual muscle – your mind?

According to the National Institute of Wellness, “The intellectual dimension recognizes one's creative, stimulating mental activities. A well person expands their knowledge and skills while discovering the potential for sharing their gifts with others.” A well person should cherish intellectual stimulation & growth, thus spending more time exploring issues related to problem solving, creativity, and learning.

Keeping the body and the mind active are key elements to successful aging. When we exercise our mind by doing or learning new things we are actually growing new dendrites. Dendrites are like the branches of a tree that extend our reach & help us make new brain connections. The more connections we make in life, the more likely we are to have some “reserve” when faced with diseases that affect our brains.

### Web sites:

- 1.) [www.enaso.com](http://www.enaso.com)
- 2.) [www.flaghouse.com](http://www.flaghouse.com)
- 3.) [www.mindwareonline.com](http://www.mindwareonline.com)

### Books

- 1.) Lateral Thinking Puzzlers by Paul Sloane
- 2.) Right Brain Teasers by Allen Bragdon
- 3.) Mother Tongue by Bill Bryson

### Board Games

- 1.) Cranium
- 2.) Mind Trap
- 3.) Stare

Also, here are some great books, games & web sites to help keep the mind sharp.

By Jona Leo,  
Director of Wellness



## Trail Ridge Resident Artist Don Levsen

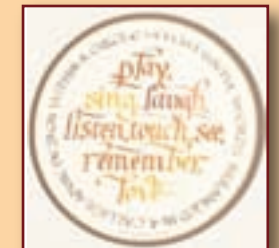


Don Levsen teaching class

Don Levsen grew up on a farm near Doland, SD and spent most of his adult life in church music and choral directing in Aberdeen and Sioux Falls. In July of 2006 Don and his wife Shireen moved to Trail Ridge where he has led numerous hymn sings and directs the annual Christmas Pageant. In addition to Don's penchant for music, his talents extend to other art forms, “Since retiring, I have time now to keep my drawing and calligraphy avocations active.”

Don has taught several Community College calligraphy classes. Although he is largely self-taught, he says he gained much from studies with the calligrapher to English royalty. “I first became fascinated with calligraphy when I observed a monk at Blue Cloud Abbey doing exquisite lettering. I still do calligraphy projects for my church and do commissioned pieces as well.”

Calligraphy can be both a delight to the eye and an inspiration to the spirit. In our technological age, appreciation for this art has grown incredibly. With popularity for this craft flourishing, Don was asked by University Center to teach The Art of Italic Calligraphy to a class of 25 for OLLI (Osher Lifelong Learning Institute) in the Great Hall of Trail Ridge. “The class is going quite well. Everyone seems to enjoy discovering the joy of calligraphy.”



Don does commissioned pieces and displays his artwork on the Made in South Dakota website ([www.madeinsouthdakota.com](http://www.madeinsouthdakota.com)). He has also exhibited at the Sidewalk Arts Festival, Brookings Art Festival and will display some of his seasonal work at our No Room at the Inn event on December 5-6, 2009.

Levsen Calligraphy & Drawings  
dslevsen@yahoo.com  
Phone: (605) 338-9596



## No Room at the Inn

Gala Saturday, December 5th - 5 to 8 pm

Open House Sunday, December 6th - 1 to 5 pm

No Room at the Inn raises money for the homeless...St. Francis House in Sioux Falls has a mission of “Moving People from Homelessness to Hope” and has begun work on a new transitional housing project. The Greater Sioux Falls Coalition on Aging has a mission to educate people on the resources available for the elderly -including housing and health care. How fitting for these two groups to be able to further their mission for the homeless through this event depicting Christ's homelessness at the time of His birth!

No Room at the Inn is a display of hundreds of nativity crèches, a silent auction, holiday vendors, outstanding entertainment and refreshments that takes place at Trail Ridge on December 5th and 6th Sioux Falls. This family centered event is a great way to share the story of Christmas and help many less fortunate families find a place to call home. Please help us by attending this unique event. No Room at the Inn is free and open to all people. Contact Bonnie or Jason for more details or to display your family nativity – 605-339-4847.

## Great Food, Good Company - You Will Find Both at Trail Ridge

When you dine at Trail Ridge you'll have more than just a good meal...it's a social event. Everyday you'll have the chance to dine with friends and meet new neighbors. Your most difficult decision will be simply choosing among the delicious options found on the menu. It's like dining out...without the drive.



Susie Fillenworth, a resident since May of 2008, likes the fresh ingredients, sensational menus and heart-healthy options at every meal. “The

dining experience here at Trail Ridge is excellent, not only from a culinary viewpoint, but socially, too. People are friendly and so happy to have you join them for a meal.”

With Susie's German ancestry, one of her favorite recipes on Trail Ridge's fall menu is Chef Ryan's Sausage Stuffed Acorn Squash:

- |                                     |  |
|-------------------------------------|--|
| 4 small acorn squash                | 1/2 cup canned beef broth              |
| 1 tablespoon butter                 | 1/2 teaspoon pepper                    |
| 1/2 cup diced red bell pepper       | 1/4 teaspoon salt                      |
| 2 large green onions, thinly sliced | 2/3 cup mild-flavored (light) molasses |
| 1 pound bulk breakfast sausage      |  |
| 1 cup fresh white breadcrumbs       |  |

Preheat oven to 400°F. Cut each acorn squash in half. Scoop out seeds and discard. Arrange squash in 15x10x2-inch baking dish. Melt butter in skillet over medium heat. Add bell pepper and green onions; sauté until tender. Transfer to large bowl; cool. Mix in sausage, breadcrumbs, broth, pepper and salt.

Mound the sausage mixture in center of squash halves, using about 1/3 cup for each. Brush sausage and squash with half of molasses. Bake 15 minutes. Brush with remaining molasses and bake until squash are tender and sausage is cooked through, about 25 minutes.