



A Touchmark® community



## Enjoy a lively summer at Waterford



*Message from*  
**Merry Lunde**  
—Executive Director

We are looking forward to enjoying the summer sunshine in the month of July. Our Fourth of July celebration was a huge success with games on the grass and a crowd overseeing the play from the dining-room balcony. Adam prepared a spectacular picnic buffet for residents and 50 guests. What a great way to celebrate in true American style.

Susan is hosting a Volunteer Appreciation luncheon in her beautiful log home in the hills west of Helena this month. We are so grateful for the many volunteers who share their talents with residents here at Waterford. From John's garden to Joe's tailgate parties, residents and families have opportunities to enjoy so much within our community because of these generous people.

Join the group on the bus for the Mystery Dinner or bring a blanket and enjoy the music of the summer symphony on the Carroll College campus under the stars. Come tour the recently renovated state capitol or enjoy a scenic trip through the Red Cliffs near Townsend—it's summer in Montana so don't miss an opportunity to get out and enjoy it!

## Patriotism: yesterday, today, and tomorrow

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

There are so many things that may have been forgotten over the years. One of those is the flag ceremony—the very specific way to raise, lower, and fold the American flag. This is a ceremony steeped in tradition and filled with reverence, memories, and honor. Over the Memorial Day weekend a reminder of how to do this very important observance was shared with a group of young people by a respected group of veterans in a Touchmark community.

**“The wisdom of the elders has built a life worth living for us all.”**

—William Thomas, MD

Can there ever be a better way to teach the next generations than by personal role models? As the wrinkled hands reverentially folded the flag for the audience, the young scouts were provided an

opportunity to learn and to participate in an important tradition. Beyond the relevance of that ceremony is the opportunity to bring the generations together to learn and experience shared respect and commitment. There is no better way to learn than from the mentoring of elders.

As Independence Day 2006 is observed across the United States, families and friends will gather and celebrate the holiday, watch the parades, enjoy the barbecues, and listen to the national anthem. As a country at war, we will pause to honor the lives and commitment of all the service men and women who are stationed in troubled lands—their sacrifices and duty the clarion call of the day—and we

will also remember all of the patriots who have served in days gone by.

To participate in the Waterford celebrations and observances, contact Life Enrichment Director Susan Hill—and support and honor the birthday of our country.

## Upcoming events

**Tuesday, July 18, 4:30 pm**—Mystery dinner.

**Thursday, July 20, 5 pm**—Patriotic birthday night with entertainment by the Scratch Gravel Barber shoppers in Four Seasons and Sleeping Giant dining rooms.

**Monday, July 24, 11 am**—Visit to Tizer Gardens with a picnic lunch.

Call Susan Hill at 406-449-4900 for more information or to register.

### 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 July is “Patriotism and Community Service.”*

## I remember the Fourth of July on the ranch

by **Freida Park**  
—Resident



**Author and resident Freida Park.**

Chickens had to be hiding behind the chicken-house door when God handed out brains to members of the animal kingdom. For a couple of weeks during the latter part of June, they were being stalked, and if they didn't have sense enough to lay an egg to prove their worth but still ate their share of the daily portion of feed strewn on the ground, they were marked as honored guests at our Fourth of July picnic.

Around the first day of July, several of these goldbrickers were unceremoniously dispatched to Chicken Heaven and were packed into quart jars. My mother was the sergeant

in charge of hatchet detail, but we all aided and abetted by plucking feathers after a dousing in very hot water. (The hens, not us kids.) I remember the obnoxious smell of singeing the small fuzz left after the real feathers were plucked. This was done by passing the chicken over a piece of paper burning on the top of the old Monarch range.

Mother meticulously inspected the contents of the gizzards, convinced that there would be gold nuggets amongst the pieces of small gravel. She had heard that someone, somewhere, someplace, had found a nugget, and that was enough to keep her buying the gizzard gold nugget lottery for the many long years we lived on the ranch.

The aluminum pressure cooker was hoisted up on the range top, and a good hot fire fueled by wood began the process of canning those tough old stewing hens. The pressure cooker held seven quarts or 14 pints, and when it sat on the hot part of the stove, it would begin to sizzle and spout steam, and the petcock would rattle, and the safety pressure valve would bulge, and I'd get the heck out of the kitchen. That pressure cooker scared the daylight out of me. My mother was a tiny woman, but she must have been strong, because she would manhandle that heavy cooker, and she never once blew up the house.

This preparation was a prelude to our preparations for our Fourth of July celebration. A cake had to be baked and frosted, and leaf lettuce, radishes, little green onions gathered, washed, and kept cool in the springhouse. Potatoes were boiled and cut into perfect cubes and mixed with chopped onions, while boiled eggs and a homemade dressing were kept separate to mix at the last moment before serving. Of course, fresh homebaked bread and home-churned butter were an important part of the menu, along with a quart or two of canned chicken.

A couple of blankets and the food were all packed into boxes in the car, and early on the Fourth, we scrambled into our old 1927 Chevy, later replaced by a '35 Chevy, and we excitedly started out on one of the most exciting days of our year. We headed for Livingston to see a rodeo!

We got to Livingston early enough to have a picnic down by the river, and then watched what we thought was the best rodeo anywhere. Later, we had our second picnic of the day, finished up the midday picnic leftovers and started our long trek back to the ranch.

It must have been written in script somewhere, because on July 5, haying started on our ranch, and come hell or

high water, this happened every year on the fifth of July. At dawn the horses were harnessed, hitched to the old mower, and headed for the fields. The days lasted until dark. Sometimes the teeth, or something on the old sickle bar would break, and a trip to our blacksmith shop would necessitate a lull in the haying. This always brought out the very best in the vocabulary of the usually taciturn men in the family.

But, the memory of that exciting rodeo would stimulate our thinking and our conversation for many weeks to come, until the Labor Day rodeo in White Sulphur Springs, which is another story, entirely.

*For August, please submit a recipe with a story. Deadline for this issue is July 10. For a list of the guidelines, monthly themes, and deadlines, please contact Life Enrichment Director Susan Hill.*

## People who make a difference

by **Audrey Hood**  
—Resident



**Bob Dickey, known as the “the candy man,” always shares a sweet to brighten everyone’s day.**

A volunteer is one who puts an attitude of gratitude into action. Volunteers do not have more time—they have more heart. Here at Waterford we have a large number of these special people who so generously give of their time and talents. The Sunshine Committee from time to time wants to acknowledge these people with a heartfelt thank you from all the residents.

This month’s thank you goes to Robert Dickey. Robert has been a resident of Waterford for more than eight years. He served as president of the Resident Council for numerous years. Robert is known by one and all as “the candy man.” There is always a bottomless supply of sweets on his hall shelf or with him as he moves around visiting. The seasonal

decorations outside his door are always a source of joy and amusement for all who walk by. To some residents, he is also known as “the chairman of the board,” not only for his years as the president of the council and all the other contributions he has made to this community, but also because of the warm affection we all feel from him. Thank you, Bob, for making a difference!

## Imagine yourself living here

Waterford offers beautiful, comfortable homes for active, independent older adults as well as those needing extra help.

Our apartment homes for those with special needs are just a natural extension of Waterford’s comfortable retirement living. Apartments include a full package of hospital-ity services, three daily meals, and a variety of personal care services and custom-designed care plans. You’ll find energetic and professional staff. Call us at Waterford for a tour of this lovely retirement community.



**The staff take special interest in creating a fun environment and building relationships with residents. Pictured here is staff member Teresa Michel (far right), with a group of residents all dressed in red. Staff and residents decided to enliven the day by all wearing red.**

