



A Touchmark® community



Have fun: It matters

by Marge Coalman, EdD

—Vice President of Wellness & Programs, Touchmark

Depending on one’s definition of “delightful,” leisure activities provide a chance to connect with people, look inward, enhance skills, get fit, and renew or strengthen relationships. The scientific literature reports numerous random studies that correlate things like nature, water, pets, poetry, music, hobbies, and the company of other people as enjoyable for a large number of people. The research also shows a correlation between pleasure and wellness.

“The crucial element is that you do something that is inherently delightful to you.”

—Dulce Zamora, writer and health researcher

Professor Blair Justice, PhD, at Texas School of Public Health has written extensively about the correlation of stress and illness—*dis-ease*. His latest book, *Who Gets Sick: How Beliefs, Moods and Thoughts*

Affect Your Health, focuses on the immune system and the potential for individuals with cancer and heart disease to stave off disease progression and its debilitating effects. He contends that the process and progress of disease can be mediated by the pursuit of and involvement in activities that generate pleasure, fun, and positive interactions.

While this is not new thinking in the world of psychoneuroimmunology (the body’s ability to heal itself), most of us put play and pleasure at the lowest level of priority in our harried lives. Yet, in order for something to be enjoyable, it can’t be done in a state of fatigue. For someone dealing with

a chronic disease, the scheduling of moments of meaningful pleasure is even more of a challenge. Gina Dingwell, RN, coordinator of the Mind-Body Program at the institute for Complementary and Alternative Medicine in Vancouver, BC, states, “It’s about checking in.” She suggests the following questions might help determine if an activity is the right thing to do in the moment: Is this going to energize me? Is this going to put me in a place where I feel better? Or am I just doing this because it is a “duty.”

At Waterford, the Life Enrichment/Wellness program and the general milieu of the community are focused on bringing people together for moments—and more—of pleasure and fun. If you have ideas for events, activities, spaces, or groups that will add to the possibilities for fun and pleasure, share them with Life Enrichment/Wellness Director Susan Hill.

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Lifestyles. Homes. Enrichment.

by Lorri Chugg

—Community Relations Director

Making the decision to move to a retirement community can be a complicated one. You may hesitate to leave your home, neighbors, etc. Or you may feel you are compromising your independence.

Choosing to become a Waterford resident will provide you with a wonderful, carefree lifestyle. Whether you choose a single-level home or an apartment in our main building, you will receive delicious meals in the dining room, weekly housekeeping, maintenance, access to transportation, and endless opportunities to socialize through the

Life Enrichment/Wellness program. Our aim at Waterford is to provide a carefree and life-enriching environment.

To find out more about Waterford, give us a call at 406-449-4900. We are always excited to show our lovely community.

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Montana centennial poem



by Slim Bucy
—Resident

*Centennial recalls thought of times of old;
Of a big sky land, and a quest for gold.
Of a rugged land, with its soul untried;
With its nature big and unsatisfied.*

*Tales of a country, in trapper's lore,
Of a man of the cloth, who had gone on before;
To show the native, how to till the sod,
And to teach them to worship the white man's God.*

*Stories told by these trapper men,
Of the places of wonder, where they had been;
Mountains that were beautiful to behold,
Of streams that were full of the yellow gold.*

*By horse, on foot, any kind of team,
They came a seeking, that gilded dream,
To this robust country, with a hungry need,
Came a ravenous crowd, a rugged breed.*

*In this virile soil, untouched since birth,
They scratched and dug in the virgin earth,
With hardy hands and with restless wills,
They tunneled deep in "them thar hills."*

*From the bosom of the mountainside,
They suckled much of the golden tide;
A few made strikes, beyond compare,
Others couldn't add salt to their mountain fare.*

*The stakes were great and the costs were high,
Many came for gold, only to die;*

*The lawless came to rob and kill,
To make more mounds, on a busy hill.*

*The lawless grew, and got out of hand,
Until terror reigned, in this infant land;
The Just arose, and from them grew,
A desperate Vigilante crew.*

*They acted fast, struck hard and well,
Sent those bad men's souls through the dregs of hell;
And they left them hang, by their necks, at ease,
While their whiskers blew in the mountain breeze.*

*So the law came, to this hard, cold land
Enforced by an indignant, righteous band.
Some folks say, but it's hard to tell,
That a few innocent necks, were stretched as well.*

*As they took more gold, from the mountain seams,
It was harder for some to make their beans;
So they farmed the soil and brought in stock,
To feed the miners who were digging rock.*

*More people came and it's not denied,
That they gorged themselves on the countryside.
They pushed the Indians from their ground,
And killed all the game for miles around.*

*Until the Red Man in high despair,
Fought and beat the man, with the yellow hair;
But the Indians were to have no rest,
For the white man's flood hadn't reached its crest.*

*For still they came and always more,
Built places of worship and schools galore;
And tempered by a hungry, cold hard plane,
They have done their bit, for the human race.*

*Long ago since the flush of gold has gone,
Like the blush of a maiden, still lingers on;
But the metal of value, year upon year,
Is our Montana Heritage, our pioneer.*

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 August is a recipe with a story.

Rhubarb Pie

by Dorothy Holliday

—Resident

My mother, Bertie Mae Johns, used to have great rhubarb patches near her spring on the farm. The rhubarb was rich in flavor. She made this pie for every holiday of the year. The family loved it. It was our special treat, which was made extra special when baked in mother's Monarch wood-stove oven. She was a wonderful cook!

1 1/2 cups all-purpose flour

1/4 tsp salt

1/2 cup shortening

1/4 cup cold water

3 to 4 cups of diced rhubarb

2 eggs

1 1/2 cups sugar

2 Tblsp cornstarch

3/4 tsp ground nutmeg

Combine flour and salt. Cut shortening into dry mix until mixture resembles course crumbs. Sprinkle with water, one tablespoon at a time. Toss lightly with a fork until dough forms a ball.

On a floured surface, roll out dough to fit a nine-inch pie plate. Place rhubarb pieces into pie shell. Beat eggs; add sugar, cornstarch, and nutmeg. Mix well. Pour over rhubarb. Bake at 375 for 45 minutes or until crust is golden brown and filling is bubbly. Yields 6 to 8 servings.

For September, please submit a book review of your favorite book. Deadline for this issue is August 10. For a list of the guidelines, monthly themes, and deadlines, please contact Life Enrichment/Wellness Director Susan Hill.

Awash in the artwork and adventure

by P.J. Brenden

—Winner of Touchmark's 25th anniversary cruise

Since I was 17, I have dreamed of touring Europe. To take in the Mona Lisa, to view the brilliant colors of Greece, and to watch people scurry around a European market were things I hoped to do. And earlier this summer, my husband and I packed our bags for a 15-night cruise board the HMS Rotterdam, thanks to Touchmark.

The trip was truly an amazing, fast-paced adventure. We soaked in the ruins in Greece and Turkey (despite the heat), climbed down the stairs of Temple de la Sagrada Familia bell tower in Spain, ate heavenly food at the Dessert Extravaganza on the ship, and laughed constantly about the odd public restrooms throughout Europe.

My favorite adventures were visiting Claude Monet's garden in Giverny (west of Paris) and viewing the Mona Lisa. I love art, and to see the handiwork of such masters was awe-inspiring. I cried in front of the Mona Lisa ... and, well, about every other artwork treasure.

The day I visited the Mona Lisa, I arrived at the Louvre early and made my way to the display. Other than the guards and a few tourists, there weren't many other people around, and I was able to see her well (ignoring the fact that she was encased in protective glass). People stood there in silence,



P.J. Brenden, Spokane-area resident and Touchmark's 25th Anniversary Life Enrichment cruise winner, soaks in the beauty of *The Fortress City* (Valletta) in Malta.

just absorbing the painting. Finally, an Australian tourist leaned over and asked me, “How long should I stand here?” We both had to laugh. You only dream of seeing the Mona Lisa, and when you finally do, you’re not sure how long you should stand there in reverence of the masterpiece.

I also enjoyed the quality of the artwork on the ship. They had some Dalis, Rembrandt etchings, and other famous pieces. I even attended several art auctions and purchased two pieces—one for my Italian-inspired wine room.

The ship itself was opulent, the food was great, and the people on the ship were fascinating. My husband and I met some people who had been on 14 or 15 cruises!

We just enjoyed the whole experience. Thanks, Touchmark!

Editor’s note: Spokane-area resident and Touchmark’s 25th Anniversary Life Enrichment cruise winner P.J. Brenden and her husband traveled throughout Europe on Holland American’s HMS Rotterdam. P.J., who is an avid quilter, visited Waterford on South Hill in Spokane, Washington, during its popular quilt show last year and signed up for Touchmark’s 25th Anniversary Life Enrichment cruise drawing.

in hiatus now. Last winter, we were both in a memoir class offered here at Waterford. Yes, I was inspired to get organized and just start writing. I suggest you adopt her mantra: “You all have a story to tell.” If you don’t write it, who will? Thank you, Freida!

Upcoming events

Thursday, August 17, 10 am—Tour of Holter Museum

Friday, August 25, 1:30 pm—Trolley Tour of the city of Helena

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

People who make a difference— Freida Park

by **Thea Seese**
—Resident



Freida Park

I asked for some ideas to describe Freida: good secretary, always a smile, witty, sparkling eyes, often carries a binder.

Freida has lived at Waterford for several years. She is the secretary for all of the resident committees that meet on Mondays. If you haven’t been at the meetings, you have read her work in the minutes that are given to all residents. I find I look at the end of the minutes first to see what clever thought she has given us.

A binder contains her minutes, of course. It is the other binder; this is one of her interests. She is a writer of memoirs. At one time she headed up a writing group that is

