



A Touchmark® community



Celebrating Waterford's anniversary



Message from
Merry Lunde
—Executive Director

We have reason to celebrate this month. Waterford opened nine years ago with a small group of residents, many of whom still talk about it today. They visit about watching the construction, picking their apartment, and helping form today's community.

Our celebration, *An All-American Barbecue*, will be Thursday, September 14. We will host residents, their families, and friends of Waterford for a catered picnic dinner, music performances throughout the evening, and—the returning favorite—horse-drawn wagon rides. The rewards are many for the staff as well, who enjoy watching families meet families of new friends, which gives us all reason to smile. It's one celebration we all look forward to every year.

We have had a full summer of fun in Montana's great outdoors with picnics at local lakes and parks, a boat ride through the historic Gates of the Mountains, mystery dinners, and special dinners catered by our chef. Our Life Enrichment/Wellness team has provided opportunities for all to enjoy summer.

As fall approaches, we are watching the newborn fawns

grow and explore the beautiful campus grounds. Football season has begun, and our local Carroll College "Fighting Saints" look forward to seeking a fifth consecutive national title. The men (and ladies alike!) are anxious to enjoy hot dogs with all the trimmings at Joe's famous tailgate parties in the forum.

We don't sit still around here. There is always something fun to do at Waterford. Come join us—it's always a "great day at Waterford."

Longevity and learning

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

In spite of the track record of the illustrious elder thinkers throughout world history, the myth of the media in our current culture is that old age is synonymous with intellectual and emotional decline.

“Brain research has dispelled the presumption that humans undergo a steady decline.”

—*Laura Carstensen, PhD,*
director of the Stanford University Center on Longevity Life-Span Development Laboratory

In addition to Hollywood's and Madison Avenue's stereotypical image of sagging muscles, lowered energy, and impaired senses, there is a persistent belief that old age is associated with cognitive decline and brain cell death. However, experts around the world continue to gather hard data and compelling evidence about the abilities and gains associated with

the aging process. Dr. Carstensen notes, “Most of what we hear about in the media and scientific literature is about the areas of cognition that decline. You hear very little about areas that improve.”

A number of experts are redefining aging by focusing on lifespan development not decline. Brain research shows that although some areas do diminish, others—notably general knowledge, vocabulary, and emotional-psychological regulation—improve over the years. If the goal is to teach the alphabet, numerals, and sight and sound recognition, the preferred age is two years. “But if you want someone to solve a complex cultural or political problem, that calls for people who are 70, 80, 90, or beyond,” Dr. Carstensen explains. Neural investigators confirm that older brains operate differently, activate bilaterally, and solve complex problems that younger brains are unable to decipher. In addition to the scientific community, advocates and providers have confirmed that the desire and ability to participate in lifelong learning is consistent in both genders and all income levels of today’s over-55 population. [MetLife study, 2005]

At Waterford, we focus on how people want to live, what defines engagement and well-being for each person, and how the staff and residents can support those personal choices. Opportunities for new learning and shared experience provide the substance for the Life Enrichment/Wellness offerings provided both inside and outside the community. To join in planning, preparing, and participating in lifelong learning events and activities, contact Life Enrichment/Wellness Director Susan Hill.

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A home for your lifestyle

by Lorri Chugg
—Community Relations Director

Whether you desire a lovely apartment in the main building or one of our spacious single-level homes, Waterford offers several lifestyle options with one surely to fit your needs. No matter what type of home you select, our goal is to help you live comfortably and independently. All accommodations include delicious meals in the lovely dining room, weekly housekeeping, basic extended cable, and maintenance inside and outside of your home. Everything is designed to provide you with worry-free living!

We currently have a lovely, spacious 1,310-square-foot

two-bedroom apartment with a view of the Belt Mountains available for lease. For more information, call us at 406-449-4900.

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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.

History of the 94th Infantry Division

by Joe Orahoske
—Resident

I received my draft notice on Christmas Eve, which stated that I was to report to Fort Dix on April 1 (April Fool’s Day). Upon my arrival, I was sent to Fort Jackson, South Carolina, for basic training. The 94th Division was formed, and we were sent to Kansas, where we spent the winter.



This painting, created by a friend of Joe’s, depicts the 94th Infantry Division while stationed in Czechoslovakia. On the right is the tent that housed Joe’s kitchen.

The Queen Elizabeth took us overseas to Scotland, where we had to be ferried to shore. It took a week to unload the ship, which carried 15,000 men and their equipment. After three more weeks, we landed in France on Omaha Beach. Our mission was to guard 7,500 German prisoners and prevent them from escaping.

After six months, we were called to The Battle of the Bulge. The 94th had the task of destroying the Siegfried line—after that we were called “Roosevelt’s Bloody Butchers.”

I returned home from Calla, France, on the Mediterranean Sea on the Contblanca, a ship that was captured from Italy. We left port at 8 pm, and at 3 am, we were awakened to a view of the Rock of Gibraltar that was lit up like a Christmas tree! I was a Mess Sergeant during my entire military career, cooking on trucks, ships, and trains. There were five cooks to feed 256 soldiers.

For October, please submit a poem highlighting the fall harvest or life wisdom. Deadline for this issue is September 12. For a list of the guidelines, monthly themes, and deadlines, please contact Life Enrichment/Wellness Director Susan Hill.

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People who make a difference

by **Audrey Hood**

—Resident and Sunshine Committee member

The Waterford community is blessed with a large group of residents who give generously of their time and talents to enrich our lives. From time to time, the Sunshine Committee recognizes these residents on behalf of the entire community.

This month our special thanks go to sisters Flo and Betty,

who give us so much pleasure with their music in the lobby each evening before dinner. Flo and Vern Erickson moved to Waterford from Bozeman, Montana. Betty and Ken Apple came later from Redding, California. When Betty arrived, they snuggled her organ next to the grand piano in the lobby, and the two swinging sisters have been brightening our lives with wonderful tunes ever since. They



Flo and Betty lead residents in singing and fun.

set up the popular sing-a-long in the lobby each Wednesday evening before dinner.

Betty also got the games going in the cardroom each Wednesday evening, and there is plenty of “fun and games” there for anyone who wishes to join.



Residents and sisters Flo Erickson (at piano) and Betty Apple (at organ) lead the Waterford Wednesday evening sing-a-long. Betty’s husband joins the swinging sisters.

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New payment options available

To meet the varying financial and lifestyle needs of future residents desiring to live in a Touchmark community, the company now offers the choice of two payment plans for certain homes. The first will give you peace of mind by providing a deposit refund that could equal 100 percent of your initial deposit, subject to certain limitations. The second plan will allow you to participate in the potential increase in value of the home and community. The deposit refund under this plan could exceed your initial deposit, assuming a strong economy, favorable market conditions, etc.

For details about these new plans and their availability, please contact a sales associate.

Mountain West Bank builds new location but will keep Waterford branch open



Customer Service Representative Sue Binion-Wilke (pictured) can answer your banking questions at the Waterford office. Mountain West Bank is building a new location just northeast of Waterford on Colonial Drive. Please be assured that the bank will keep the Waterford branch open. For more information, stop by the Waterford office.

Upcoming event

Thursday, September 14—*An All-American Barbecue* and Waterford's ninth anniversary celebration.

For questions or reservations, please call Life Enrichment/Wellness Director Susan Hill at 406-449-4900.

Share your books—and benefit others

"Books are the carriers of civilization ... They are companions, teachers, magicians, bankers of the treasures of the mind. Books are humanity in print."

—Barbara W. Tuchman,
historian and author

Support programs for seniors throughout the Helena area by donating books, CDs, DVDs, and audio books during September. A book sale will be held later this fall, and all proceeds from the sale will benefit Touchmark Foundation programs in this area.

For more information about the book sale, contact Life Enrichment/Wellness Life Enrichment/Wellness Director Susan Hill at 406-449-4900. For information about the Touchmark Foundation, call Janet Plummer, Foundation executive director, at 800-796-8744.

