



A Touchmark® community



Nutrition—important for brain and body

by Marge Coalman, EdD

—Vice President of Wellness & Programs, Touchmark

Tired of hearing about the worldwide obesity epidemic? Unfortunately, it is true, and the more scientific studies that come in the more data there are to verify that diabetes, renal failure, high blood pressure, high cholesterol, dementia, and even poor bone integrity are all tied to the problems that come with being overweight. As you might suspect, the majority of the cause rests with lifestyle decisions—poor eating choices and inadequate exercise.

Instead of dwelling on the bad news, though, let's focus on some positive habits and good strategies in regard to selecting and eating food. Here are a few proactive approaches to try:

- 1. Shop the perimeter of the grocery store** and spend as much time as possible in the produce, dairy, and grain sections of the store. Avoid the interior and end-of-aisle packages ready in five minutes—choices that are high in sodium and trans fat.
- 2. Start the day with as many fresh fruits and grains as possible:** juice, berries, or banana on your whole-grain cereal or oatmeal; whole-wheat toast, melon, and/or citrus. It's a lot easier to get the nine required half-cup daily servings if you start early in the day.
- 3. Drink at least seven glasses of water every day** to stay hydrated and keep your body and brain in balance. Seven glasses of fluids is a minimum for even the smallest adult (85 pounds). Some of your fluids can be juices, coffee, and tea, but they aren't as efficient for the kidneys or

brain as plain water.

4. Eat two to three servings of fish every week—even canned tuna packed in water counts! Fish really is brain food; it's not an old wife's tale, after all.

5. Combine exercise—aerobic and anaerobic—with good dietary choices. People who diet and lose weight over and over are at the greatest risk of rebound weight gain, and without consistent exercise at the right level, the fat comes back but the muscle does not.

“One of the major benefits of eating fruits and vegetables is their high potassium content. Potassium is protective against high blood pressure and a new study shows that potassium is protective to the bones.”

American Journal of Clinical Nutrition, April 2005

There are numerous Web sites with good recipes and healthy eating ideas. One you might like to check out is www.whfoods.com/genpage.php?tna=recipe&dbid=131. With beans in great abundance in the fall, this could be a great side dish for you, your family, or friends.

At Waterford we are committed to working with every resident on healthy lifestyle options. To join in plan-

ning, preparing, and participating in dietary and exercise programs and events contact Life Enrichment/Wellness Director Susan Hill.

An enriching lifestyle

by Lorri Chugg

—Community Relations Director

While we offer comfortable, spacious, maintenance-free apartments and single-family homes with weekly house-keeping and dining room services in our Commons building, the people provide for a truly enriching lifestyle at Waterford. Whether you enjoy walks on the lovely grounds, coffee and conversation, or a game of cards, you are sure to meet many others with your same interests, and many who will become dear friends.

Our Life Enrichment/Wellness program offers a wide variety of activities held both inside and outside the Commons building, such as men’s and women’s coffee clubs, high teas, movies, “tailgate” parties with games shown on the big-screen TV, wine and cheese parties, trips to the Helena Symphony, Live! at the Civic, museums trips, and mystery dinners—to name a few. Retirement should be about enjoying an enriching lifestyle. Come join us at Waterford for some fun! For more information, call 406-449-4900.

And when I can no longer climb them,
They’ll still stand serene, in my sight.
I am at home in the mountains—
Immutable, strong, and at peace.

For November, please submit a story and photo focusing on Thanksgiving and/or sharing. Deadline for this issue is October 10. For a list of the guidelines, monthly themes, and deadlines, please contact Life Enrichment/Wellness Director Susan Hill.

Upcoming events

Thursday, October 12, 5 pm—Bus leaves for an exciting Mystery Dinner.

Friday, October 13, 6:30 pm—Birthday night with Luau theme and Hawaiian dancers. Forum.

Cruising into another adventure

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.

Homecoming

by Sylvia O’Dell

—Resident

I’ve lived on the plains and the prairies,
In cities both large and small.
I’ve joyed in good friends and outlived them—
Made new friends along the way,
Known true love and hurt at its dying
And loved again—all for naught.
Now age is my only companion
And I am content with that.
I’ve learned nothing in life is a constant—
Nor needs be, so long as the hills
Stand tall and unchanged ‘gainst the sky.



Waterford on South Hill residents Bette Westover (left) and Marie McGough have been friends since they were 5 years old. The two are among a group of Touchmark residents joining Touchmark’s Fall Foliage Cruise on the Star Princess, which sets sail from New York October 21.

Ode to Susan and her helpers

This little poem was written anonymously by a resident wishing to express thanks to Life Enrichment/Wellness Director Susan Hill and her team.

“To Susan and her helpers we owe many thanks
For beguiling the tedium amongst our ranks.
When a party is planned or a trip on the bus,
Their infectious smiles are reflected in us.
We know that they do the improbable at once,
The impossible takes a bit longer.
And whether planting balloons or hanging festoons,
Our love for them grows ever stronger!”

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Over 350 attend Waterford’s ninth anniversary celebration

by Lorri Chugg
—Community Relations Director

In September, we hosted an all-American barbecue, welcoming residents, their families, staff and their families, and friends to celebrate Waterford on Saddle Drive’s ninth anniversary. The festivities began with Don Murphy on the piano; then a Shriner’s clown came to entertain by creating balloon animals; next a lovely barbecue dinner catered by Chili O’Brien’s was served.



More than 350 people attended Waterford’s ninth anniversary celebration in September and enjoyed food, music, a Shriner’s clown, and good times.

The evening was topped off with music by the Helena Handbaskets, an old-time country and bluegrass band, which was especially well liked by residents. What a good time was had by all!



From left: Residents Sandy Mehrens and Bob Dickey along with Linn Dickey (Bob’s son) enjoy the catered dinner from Chili O’Brien’s.



Resident Azalea Butka (left) and her daughter, Elaine Hurd, share a sofa with a clown during the anniversary celebration.

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It’s time for flu shots

by Winona Phelps, RN
—Medicare Manager, Touchmark

Waterford promotes healthy lifestyles. One way that you can have a healthier fall and winter is to get a flu shot.

The flu (or influenza) is a contagious respiratory illness

caused by viruses that can lead to mild or severe illness or even death. The best way to avoid the flu is by getting a flu vaccination each fall. Older people, young children, and those with certain health conditions are at high risk for serious flu complications, such as bacterial pneumonia, dehydration, and worsening of chronic medical conditions (e.g., congestive heart failure, asthma, or diabetes).

Stay healthy this year— get your flu shot!

What are the symptoms?

Symptoms include fever (usually high), headache, extreme tiredness, dry cough, sore throat, runny or stuffy nose, and muscle aches. Stomach symptoms, such as nausea, vomiting, and diarrhea, also can occur but are more common in children than adults.

How flu spreads

Flu is very contagious and spreads when people cough and sneeze. Sometimes people become infected by touching something with flu viruses on it and then touching their mouth or nose. Most healthy adults may infect others one day before symptoms develop and up to five days after becoming sick. This means that you can pass on the flu to someone else before you know you are sick as well as while you are sick.

Preventing the flu: get vaccinated

The single best way to prevent the flu is to get a flu vaccination each fall. There are two types of vaccines:

- The flu shot—an inactivated vaccine (containing killed virus) that is given with a needle and is approved for use in people older than 6 months, including healthy people and people with chronic medical conditions.
- The nasal-spray vaccine is made with live, weakened flu viruses that do not cause the flu. This vaccine is approved for healthy people 5 years to 49 years who are not pregnant.

About two weeks after vaccination, antibodies develop that protect you from infection.

When to get vaccinated

October or November is the best time to get vaccinated, but December or even later can still be beneficial. Flu season can begin as early as October and last as late as May.

Who should get vaccinated?

In general, anyone who wants to reduce his or her chances of getting the flu can get vaccinated. Health care workers, people 50 to 64 years, those who could transmit the flu to people at high risk, and those at high risk for complications should be vaccinated.

The Centers for Disease Control (CDC) has issued two recommendations for the upcoming flu season:

1. Vaccinate children 24 to 59 months and their household contacts; they stress the importance of administering two doses of vaccine for children 6 months to less than 9 years who were previously unvaccinated.
2. Remember that neither Amantadine nor Rimantadine are to be used for treatment or prevention of influenza A.

If you have questions about the flu or how/where to get a flu shot, ask us. And here's wishing you a flu-free year.

Note: Information from this article was drawn from the CDC's Web site at www.cdc.gov/flu.

