



A Touchmark® community



## Many reasons to give thanks



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

As the holiday season approaches, it's only appropriate that we take a few minutes to give thanks for the many blessings in our lives. During a recent trip to Washington, D.C., my family and I had the honor of visiting the national memorials and historical sights. I realized that as Americans we are so lucky to live in this great country. Much of the liberty we enjoy is due to the actions of our veterans. On November 11, we will honor those who have served our country as well as those who are currently serving by attending parades and ceremonies here in Helena. We wholeheartedly thank them for their dedication to our nation and our freedom.

The holidays also bring families together at Waterford, and for many, it's time for the seasonal trip to the home of a close relative. For those of us who work here, we have the added pleasure of having an extended family of more than 170 residents! We give thanks to each of them for their friendship, support, and desire to teach us about their life experiences.

This is a generous Waterford family—plans are in the works to provide families in need with holiday meals and to contribute to organizations that are helping those in need in the Helena area. Thank you to each of you who

have made Waterford your home. To those considering a move to Waterford, join us for the holidays—this is a place where families come together to share the holiday spirit.

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## The lasting effect of gratitude

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

We've all experienced it—the unanticipated “thank you,” the smile from a stranger, the compliment from a friend. These seemingly small, thoughtful acts of kindness and acknowledgment leave a positive imprint on our conscious mind and often on our attitude. But there are larger benefits, and historians as well as researchers have proven the value to both the giver and the recipient.

**“To affect the quality of the day, that is the highest of arts.”**

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—*Thoreau, Walden*

Such diverse authors as Dorothy Davis, Jon Kabat-Zinn, Gandhi, and St. Paul have written in parables, journals, instructive essays, and sacred texts about the lasting impact of unselfish contributions to individuals, societies, and cultures. Stories of the Underground Railroad

during the Civil War, the nationalist efforts of compassionate German citizens during the Holocaust, and more recently the efforts of thousands of volunteers in New Orleans and Mississippi are familiar to most readers.

In less well-read literature, the research community has evaluated the power of expressed gratitude. Individuals with personalities that are largely defined as unselfish, car-

ing, and compassionate have a higher quality of life both physically and psychologically. Well-being is measured in personality indexes and psychological profiles as well as verified with testing that measures the significant systems of the body: cardiovascular, neurological, endocrine, and musculoskeletal. Consistently, considerate individuals fare better and live “well” longer than their contemporaries.

An even greater benefit in the aggregate is the influence on our culture of those who care and share. Without the caregivers, charitable organizations, good neighbors, and citizens we rarely read about in the newspapers, the needs of many would go unnoticed and unmet. In Waterford’s Life Enrichment/Wellness program, we strive to provide opportunities to residents, their families, and our staff to make a difference. To be involved in the positive opportunities, contact Life Enrichment/Wellness Director Susan Hill for information on how to participate.

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## Things we are thankful for

*by Susan Hill*

—Life Enrichment/Wellness Director

It’s that time of the year when we reflect on the things for which we are thankful. Here are some comments that residents made at News and Views, a Life Enrichment/Wellness program, where residents meet to express opinions and concerns about articles, stories, and jokes. Life Enrichment/Wellness Assistant Marguerite Rylander leads the gathering.

*“I’m thankful for all of the wonderful people [who] are here at the Waterford.”*

—Dorothy Carlson



*“I’m thankful for all of the good friends [who] I have made here at the Waterford and for my good health.”*

—Nellie Johnson



*“I’m thankful for all of the wonderful staff, good residents, trips, and entertainment here at the Waterford.”*

—Wenonah Shadel

*“At this stage of my life, I’m thankful to be close to my family and [to be] situated in a place as nice as the Waterford.”*

—Dorothy Randall



*“I’m thankful for all the people [who] live at the Waterford and that they are all nice to me.”*

—Kay Morgan



*“I’m thankful for ... being close to my children and living independently. This is where I belong at this stage of my life.”*

—Milli Wilde



*“I’m thankful for the friendliness I’ve found in the people ... how easy they are to get acquainted with.”*

—Mary Parr



*“I’m thankful for all of the things that everyone here has said ... and also that I have good eyesight, so I can read and do my handwork.”*

—Virginia Peterson

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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. The Let Your Spirit Soar theme for November is a story and photo focusing on Thanksgiving and/or sharing.*

## Christmas in the war years

*by Paul Krafft*

—Resident at a Touchmark community in Appleton, Wisconsin

I can never forget the turbulent war experience of 1943 and 1944, and I’m grateful to have survived. My orders had me report to Tank Destroyer Brigade 190 on the Eastern Front before Christmas. The train from Nurnberg in Bavaria was packed, and I had to squeeze into a small washroom, where

I ate my mother's good Christmas goose. The final log of my trip was by truck, together with my buddy, Fritz.

We were assigned bunkers for our four-man tank crews, and I decided that we should have a little Christmas tree. I was outside in search of the tree when suddenly I heard Russian soldiers calling from their position, "Go back, you are in a mine field!"

Fritz had a friend in my tank and asked me if I would switch. Two days later Fritz's tank did not come back; all four soldiers got killed.

The daily battles got heavier, and I found myself and another tank on each side of a huge haystack. Suddenly a Russian sharpshooter with an antitank gun fired at our other tank and killed the driver. I was asked to drive their tank with the dead soldier back, but before I could climb in it, somebody decided he could drive, and I was left behind. But I made it back, escaping from a well-camouflaged Russian position.

On February 2, we received orders to defend Graudenz. A new commander did not give me permission to fire, afraid I might hit friendly troops. We got a direct hit by a Russian T-34 tank. Our loader got killed, and the 78mm tank cannon fell on my side. I could not get up. I knew that the ensuing fire would ignite our ammunition any moment. The enemy fired again and the cannon moved just enough to let me crawl out of my position. My uniform was burning now, and the soldiers rolled me in the snow, pulled me up to their tank, which quickly backed up and took us away.

At a first-aid station, I had my head, face, wrist, and hand bandaged before I was sent by train to Danzig, a few hours away. I heard two English or Canadian prisoners of war speaking English while they tried to feed me some soup. My two new friends labeled my ID badge, "Bullet wound head," and got me on board the last train out of Danzig on the Baltic Sea. We arrived in Hamburg three days later, and I was transferred to the University Hospital. After more action in Berlin, Prague, and Austria, I came home in May '45, escaping twice from being an American prisoner. I thank God every day for his guidance and goodness.

*For December, please submit a poem and/or photo that "celebrates life." Deadline for this issue is November 10.*

*For a list of the guidelines, monthly themes, and deadlines, please contact Life Enrichment/Wellness Director Susan Hill.*

## Upcoming events

**Wednesday, November 8, 10 am to 3 pm—**Book Fair in the Forum.

**Saturday, November 11, 9:30 am—**Bus leaves for Veteran's Day Parade in East Helena.

**Sunday, November 12, 2 pm—**Violin Concert by Sue Northrup in the Forum.

## Experience the Waterford lifestyle

*by Lorri Chugg*

—Community Relations Director

While our spacious, comfortable single-level homes and apartment homes initially bring people to Waterford, it's the Waterford lifestyle that keeps them content. Residents enjoy carefree living, delicious meals in the lovely dining rooms, and a wide variety of activities both in the Waterford community and the surrounding communities.

There are regularly scheduled trips to the public library, the Helena Symphony, and Live! at the Civic. This summer a group of residents traveled to Great Falls, Montana, to tour the C.M. Russell Museum. Another popular summer excursion was a boat ride through Gates of the Mountains on the Missouri River. Last week, residents enjoyed a mystery dinner in Townsend at a lovely bed and breakfast.

Each month we celebrate birthdays and anniversaries with



**Residents and staff celebrate birthdays and anniversaries at the Waterford luau.**

entertainment and an extra-special dinner in our own dining room. Residents with birthdays or anniversaries are encouraged to invite a couple of guests. Recently, we celebrated with a luau—complete with a roasted pig, delicious salads, homebaked rolls, and lovely cakes decorated by Dietary Manager Jude Illikainen. The evening was topped off with Hawaiian music and dancing.

Come experience the Waterford lifestyle. Call 406-449-4900 for information.



**Joe Orahoske (left) grabs more warm drinks for other residents.**



**Residents Glen and Vi Mergenthaler and Jean Sherlock enjoy a Hawaiian dinner, fun décor, and great festivities at the monthly birthday and anniversary celebration.**



**Vera Stamy is dressed in colorful attire for the special occasion.**



**From left: Ted Macleod, Bernard Graine, Fritz Weed, and Gil Gilbertson celebrate.**

