



Packing the month with seasonal festivities



Message from
Merry Lunde
—Executive Director

Filling your December with friends and family and holiday gatherings and packing your schedule with all that's happening—does that sound familiar to you? Welcome to life at Waterford! What better way to begin the holiday season than joining in the fun.

Caroling, piano recitals, and showing off decorations at hall parties are in full swing. I am again reminded of the generosity of our Waterford family as we begin the annual food drive, fill Christmas stockings for the many soldiers serving our country, and join in celebrations at local churches.

Enjoy the music of the Helena Symphony, an evening ride through Helena to see the lights, or our birthday celebrations with entertainment by the Sagittarius Trio. May your holiday season be filled with the company of good friends.

In celebration of the spirit

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

In a world of continuous movement and sound it is almost impossible to embrace and stay in the moment. We're constantly interrupted, startled, and distracted by cell phones, Web cams, laptops, barcodes—the list is almost endless. It is a major challenge to slow down long enough to take in the beauty of the day, the fragrance of the flower, the softness of the dew.

But the moment is only here and available to each of us in the real-time experience of today. Thoreau, Gandhi, Buddha, Jesus, and multiple other teachers and spiritual leaders reminded their contemporaries and heirs to be mindful and present. That is the requirement for experiencing the celebration of the spirit.

“Attend to the moment-to-moment unfolding of the present, adding nothing, subtracting nothing, affirming that, ‘This is it.’”

—Jon Kabat-Zinn, PhD, *Wherever You Go, There You Are*

Instead of numbing ourselves with TV, magazines, e-mail, videos, and thousands of other distractions, the challenge is to be still and go within to the spirit that makes us unique

and connected; individual and shared community; person and family. The ability to achieve that focus is available to each person, but the skills needed to pursue mindfully each moment must be cultivated. Some ways to achieve

that balance are outlined in all great spiritual texts:

- **Be fully present in the moment.**
- **Invite joy.**
- **Create your future.**
- **Surround yourself with those who love and support your dreams and hopes.**
- **Eliminate the unnecessary and unimportant.**
- **Choose hope.**
- **Breathe!**

As the season of celebration approaches, we invite you to participate in all of the celebrations and festivities Waterford provides. We also invite you to share your spirit with others through our Let Your Spirit Soar program. For details of how to participate, contact Life Enrichment/Wellness Director Susan Hill.

Upcoming events

Wednesday, December 13, 6:30 pm—Bus leaves for Dessert Theatre show at First Assembly of God Church. Meet in lobby.

Tuesday, December 19, 6:30 pm—Violin recital. Lobby.

Friday, December 22 and Saturday, December 23, 6 pm—Bus leaves from Waterford for a holiday light tour around the city of Helena. Meet in Lobby.

Give yourself a gift

by **Lorri Chugg**

—Community Relations Director

Snow has arrived in Helena! Why not give yourself a gift? Come out of the snow and come home to Waterford. We offer excellent service with a personal touch with our lovely homes. Delicious meals in our elegant dining room, weekly housekeeping, maintenance, utilities, cable TV, scheduled transportation, and an exceptional Life Enrichment/Wellness program are included. Carefree living at its best! Come and see what best fits your lifestyle. We currently have several lovely independent condo-style

homes available for immediate occupancy.

For a personal tour of our community, please call 406-449-4900. Give yourself a gift this holiday season—and come home to Waterford!

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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 December is a poem and/or photo that “celebrates life.”

Holiday Memories

by **Dorothy Cooper**

—Resident at a Touchmark community in Spokane, Washington

When I was a little girl living on a farm in North Dakota during the Depression, I remember putting out cookies and milk for Santa Claus. At about age 8, I realized it was only a myth. I was able to keep it to myself for a couple of years. It was a secret from my little brothers, and I needed to keep the mystery going for them.

At Christmas time, I remember well going to our small rural church and gazing with awe at the beautifully decorated Christmas tree lit with real candles and a pail of sand and one of water nearby in case it caught fire. My special treat was a bag of hard candy and a shiny red apple.

Christmas was special at our house. Our gifts were simple, but I had an aunt who always gave me a book, which fostered my love of reading, and another aunt who would give me a coat or a dress. My mother would make peanut brittle as a special treat. I never felt deprived of anything because I had wonderful parents, aunts, and uncles who loved me unconditionally.

For January, please submit a heartfelt, reminiscent story or “new year, new you” resolutions. Deadline for this issue is December 10. For a list of the guidelines, monthly themes, and deadlines, please contact Life Enrichment/Wellness Director Susan Hill.

Residents support local families and children in need

by Susan Hill

—Life Enrichment/Wellness Director

In November, Waterford sponsored a table at Intermountain's Tea in the Trees, which was part of the 19th Annual Festival of Trees celebrations, benefiting Intermountain Children's Home and Services. The festival raises thousands of dollars for this nonprofit organization, which helps children with emotional difficulties and supports their families.

This holiday season, Waterford is donating Christmas and holiday dinners to eight families with children in the Intermountain Children's Home "Path" Program. The Permanent/Adoptive Treatment Homes (PATH) program helps children find permanent homes while attending to their emotional needs.

Early this month, a group of Waterford residents enjoyed a holiday tea and shopping day at the beautiful Canyon Ferry Mansion. The décor was Victorian Christmas. The snowflake wonderland entrance was decorated in white, silver, and blue, and a floor-to-ceiling tree was set off with white tassels and angels. It was an authentic Victorian tea, consisting of three courses and gourmet teas to enjoy. A good time was had by all who attended. Join us for our many December activities—and happy holidays!



Waterford resident Phyllis Johnson raises her glass at the Festival of Trees tea celebration.



From left: Lois Coffey, Margaret Alm, Edie Radcliffe, and Juanita Sandman enjoy high tea at the Canyon Ferry Mansion.



Waterford sponsored this table at Intermountain's Tea in the Trees, which is part of the Festival of Trees.

