



A Touchmark® community
Est. 1980



Starting the year with thanks



Message from
Merry Lunde
—Executive Director

Happy new year and welcome to 2007! Our New Year's Eve celebration was a huge success—over 100 people gathered in the lobby to enjoy the company of good friends, good food, and champagne. A special thanks to Flo Erickson and Betty Apple for the wonderful music on the piano and organ. We are looking forward to the promise of 2007 and all the opportunities we will have to make positive changes in our lives while we enjoy family and friends.

As executive director, I would like to take this opportunity to thank the many dedicated team members who work at Waterford. I may be a little prejudice, but I truly believe we have the best staff. They share their talents with us; they enjoy wonderful friendships with residents; and we all work as a team to achieve our community goal of enriching the lives of residents. Resident Council President Gil Gilbertson recently said it best, "You are all so important to us. Thank you for all you do to make this such a great place to live."

We invite you to come and visit Waterford. Make a commitment to yourself—come experience carefree living at its best while enjoying the companionship of good friends. Happy new year to each of you, and for those who have already chosen to make Waterford your home, thank you from the staff and management.

New year ... new you

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

In a world of quick fixes and New Year's resolutions, it is important to pause and realize that there is no one prescription for physical, emotional, and spiritual well-being. Each of us is a unique human being made up of common human genomes but entirely different in personality, strengths, weaknesses, and preferences. The message of the media that

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—Gary Stanley,
author

there is a universal solution for achieving improved health may fit cereal boxes, bumper stickers, and 30-second ads, but in order to achieve individual goals an individualized "prescription" is essential.

As 2007 arrives, it is a good idea to do a personal inventory of one's highest priorities and evaluate what choices and resources are needed to achieve goals. According to Kenneth Cooper, MD, MPH, founder of the Cooper Institute, there are a few very important goals for all of us over the age of 50:

- **Adequate sleep.** This can often be achieved by having a good level of activity/exercise during the day; eating earlier in the evening to aid digestion before going to bed; avoiding excessive alcohol or caffeine; and attempting to fill the mind with good thoughts before retiring for the night. A good bed and pleasant company also are helpful.
- **Balance in activities.** Physical activity needs to include cardiovascular, flexibility, strength, and balance

regimens. Depending on individual needs, there may be more of a need in one area than the other. Stretching and flexibility are often ignored, but they are critical to overall physical fitness.

- **Socialization.** Good company, conversation, and humor affect overall health.
- **Continued learning.** Remember: We create new brain cells every day of our lives.
- **Healthy food choices.** These are good for the body and soul.
- **Volunteerism.** The importance of giving back is essential to good health.

At Waterford, we focus on the unique needs of each person. For support and assistance with an individualized wellness program, contact Director of Life Enrichment/Wellness Susan Hill. Make the new year your best year.

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Interested in living here?

by **Lorri Chugg**

—Community Relations Director

If you are interested in a carefree lifestyle, you may be interested in living at Waterford. The comfortable, condo-style homes in our Commons Building offer carefree living with many services and amenities, including delicious meals served in our dining room and weekly housekeeping.

Choose to participate in the Life Enrichment/Wellness events to further enhance your life at Waterford. Each month there is a variety of events planned at Waterford as well as many outings.

Just talk to residents—our best source of referrals—many who will tell you Waterford is a great place to be! If you are interested in taking a closer look, call 406-449-4900 today for a personal tour. Don't delay! We currently have several lovely condo-style homes available.

Purchase a card, support a cause

The *Let Your Spirit Soar* note card collection, featuring the artwork of talented artists who live in Touchmark communities throughout North America, is now available. A set of eight cards and envelopes costs \$10, and individual cards cost \$2. Your purchase will support the Touchmark Foundation's work to help seniors receive needed support and services. To learn more about the Foundation, please visit TouchmarkFoundation.org or call Executive Director Janet Plummer at 800-796-8744.

Montana history roars to life

by **Susan Hill**

—Life Enrichment/Wellness Director

Lois Lonquist will speak at Waterford this month on her book, *Fifty Cents An Hour: The Builders and Boomtowns of the Fort Peck Dam*. She will also be available to sign books.

“One of the most fascinating chapters in Montana history is the building of the Fort Peck Dam, which is across the Missouri River in northeastern Montana,” says Lois. “The story of the people who built it is another.” Lois's family was involved in the dam project for four years, and it was this experience that led Lois to write the book.

“Project Number 30, the Fort Peck Dam, was authorized by President Franklin D Roosevelt during the Great Depression of the 1930s and built by the Army Corps of Engineers. It provided many needed jobs and hope for thousands of unemployed Montana workers and others across the country. It left a legacy of flood control, electric power, and recreation on the Fort Peck Lake, enjoyed by thousands today.”

Join us Friday, January 26 at 2 pm for this interesting presentation.

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 January is a heartfelt, reminiscent story or “new year, new you” resolutions.

Christmas 1924



by Virginia Peterson
—Resident

In our house, Christmas packages were placed on top of the piano. I was eight and tantalized by a very small box with my name on it. Kids my age didn't receive “small” gifts. What could it be?

One night I crawled out of bed and opened that package. A manicure set! Kind of a grown-up present.

Never have I enjoyed it. After nearly eighty years, it's still in my possession, barely used. To this day, you could place a half-wrapped gift within reach and I'd not touch it. Memories of cheating.

For February, please submit a heart-to-heart/love story. Deadline for this issue is January 16. For a list of the guidelines, monthly themes, and deadlines, please contact Life Enrichment/Wellness Director Susan Hill.

Foot clinic schedule change

by Barb Halver, RN
—Certified Wound Specialist of TenderCare, LLC

Starting January 15, I will be conducting the Waterford foot clinic two half days per week rather than one full day per week. I will continue to have the foot clinic in the doctor's office, which is located between the dining room and the elevator off the main-floor lobby.

I will be available for appointments Monday afternoons from 1 to 3:30 pm (with an occasional Monday morning open) and Thursday mornings from 9 to 11:30 am.

Please schedule appointments through me personally or by signing up at the front desk. You may call my cell phone to schedule appointments: 406-431-3668. If I don't answer,

please leave a message, and I will return your call as soon as I am able.

Thank you so much for your support in the past. I'm looking forward to serving you more in the future.

Enter photo(s) for Touchmark 2008 calendar

As part of the Life Enrichment/Wellness Let Your Spirit Soar program, Touchmark is planning to create a 2008 calendar featuring photos taken by staff (team members) and residents. The calendar theme is “creating intentional community,” and it will convey pictorially the Life Enrichment/Wellness areas: physical activity; mind/body/spirit; community outreach; intergenerational; friendship; growing together; lifelong learning; special events/holiday celebrations.

All photos must be in color; taken with a digital camera or 35 mm camera, show current staff/residents, and have a completed permission form of all people pictured. Check with your Life Enrichment/Wellness office for complete guidelines. All photos must be submitted by July 31, 2007 to be considered for the calendar.

Upcoming events

Thursday, January 18, 6:15 pm—Birthday night with entertainment by comedian and singer Gary Blom. Forum.

Wednesday, January 24, 2 pm—Speaker Hal Stearns presents his program, My Montana. Forum.

Friday, January 26, 2 pm—Del and Lois Lonnquist perform music and discuss Lois's new book, *Fifty Cents An Hour: The Builders and Boomtowns of the Fort Peck Dam*. Books will be available for \$16.

Fun events during December

Everyone enjoyed the holiday festivities at Waterford! One evening residents and staff celebrated birthdays with a denim and diamonds theme.



Phyllis Garrison and Carl Anderson toast to the great holiday celebrations and a new year.



Sandy Mehrens welcomes the new year.



Paul Kleffner and Joe Orahoske celebrate at a Waterford event.

