



A Touchmark® community  
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## Follow your heart

by Marge Coalman, EdD

—Vice President of Wellness & Programs, Touchmark

In today's world there is a good understanding of the workings and function of the human heart. There is even a live television show that features surgeons doing open heart surgery (let the viewer beware; it is bloody). How is it then that we continue to attribute the heart with being the center of human emotions? In reality, the emotional data center for humans is the prefrontal cortex of the brain. This is where we discern pain from pleasure, friend from foe, gratuitous compliment from genuine praise.

**“To understand the heart and mind of a person, look not at what he has already achieved, but at what he aspires to.”**

—Kahlil Gibran

can reveal a safe situation and often provides insight into who we can trust with our emotional well-being.

So, although in the 21st century it is well known that the mainframe of the brain does generate the full range of emotions, our culture continues to use the heart as the universal symbol of the repository for emotions. Sage advice would be to take care of both of these important organs to have “good heart and brain health.” In general,

what is good for the heart is good for the brain. That applies to diet, physical activity, balanced work and play time, positive relationships, and good financial choices. It is the total combination of lifestyle choices that allows people to “follow their hearts and create their own future.”

At Waterford, the Life Enrichment/Wellness program components are designed to support good heart and brain health. For information on the offerings and opportunities available, contact Director of Life Enrichment/Wellness Susan Hill.

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## Design your lifestyle

Waterford offers an array of homes and lifestyle options for you to create your own style of living. Attend classes, musical performances, and informative presentations.

Pick a lovely single-level home or a spacious condo-style home. Take advantage of lawn care, housekeeping, home maintenance, events, and nutritious meals. Spring is coming—now's the time to design!

To learn more about Waterford, visit us at 915 Saddle Drive in Helena or online at [WaterfordHelena.com](http://WaterfordHelena.com).

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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 February is a Heart-to-heart/ love story.*

# Tangled



*by* **Slim Bucy**  
Resident

*He was talking to his lover  
His heart was young and gay  
Full on the joy of living  
This is what he had to say*

*I have used my best persuasion  
It's no use to tell a lie  
I've caught you in my parlor  
Like the spider caught the fly*

*I've found a bit of heaven  
The world is mostly mine  
You're tied into my heartstrings  
Like a tangled ball of twine*

*She looked to him so lovely  
In a most delightful way  
How could he help but love her  
This is what he heard her say*

*I've used my best persuasion  
It's no use to tell a lie  
I've caught you in my parlor  
Like the spider caught the fly*

*I've found a bit of heaven  
The world is mostly mine  
You're tied into my heartstrings  
Like a tangle ball of twine*

*For March, please submit a humor and laughter poetry feature. Deadline for this issue is February 15. For a list of the guidelines, monthly themes, and deadlines, please contact Director of Life Enrichment/Wellness Susan Hill.*

## Upcoming events

**Thursday, February 8, 6:30 to 9:30 pm—**  
Captain's Ball. Four Seasons and Sleeping Giant dining rooms.

**Thursday, February 15, 2 pm—**Don Murphy on piano. Forum.

# ⚓ *Captain's Ball* ⚓

Cruise into Paradise at Waterford for  
an evening of music and dancing

**Date:** Thursday, February 8

**Time:** 6:30 to 9:30 pm

**Place:** Four Seasons and Sleeping  
Giant Dining Rooms at  
Waterford on Saddle Drive



Music by Queen City Swing | Hors d'oeuvres | Beverages | Door Prizes

An event sponsored by:

Mountain West Bank—Summit Club



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