



A Touchmark® community  
Est. 1980



## Discover Waterford; explore life



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

For those who have met Susan Hill, our Life Enrichment/Wellness director, you'll probably agree with me when I say, Susan creates an atmosphere of humor and laughter while balancing the needs and desires of residents. Her compassion is apparent in the many special gifts she delivers. And she has a knack for delivering her gifts when they are most needed (and often the delivery results in a good laugh before you realize what's happening).

Through the efforts of Susan and her team, our "cruise" week in February was a huge success. Furthermore, the five-day cruise to British Columbia in September is filling fast thanks to the enthusiasm of Susan and Marguerite, who will be joining residents for the cruise. Don't wait too long. If you are interested in joining the fun, please contact Susan at 406-449-4900.

Winter continues to surround us. The snow is falling; the air is crisp; and some living in the Helena area might be hesitant to venture out for fear the roads may be slick. For Waterford residents, the many worries of winter that come with living in your own home are over. The snow is shoveled, and the walks are safe from ice and snow. The bus is available to take you to the symphony, community

concerts, or to dinner with a group of friends, and van driver Janice Hayes will get you safely to appointments.

Did I mention the climate-controlled atmosphere in the main building? You won't hesitate to join in a game of cards or enjoy a movie while living at Waterford. Give Lorri a call at 406-449-4900, and come join us for lunch and a tour. We'd love to share with you the many services and benefits of the carefree lifestyle at Waterford.

## Optimism affects global wellness

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

In the last five years, a whole new field has developed in the world of psychological research. It is the study of positive psychology. While that may sound like something New Age or "soft" in the annals of research study and outcomes, it is in fact becoming very important in trying to figure out how the global population can cooperate and work together for the greater good of all.

**"I think we are our memories more than we are the sum total of our experiences."**

—*Martin Seligman, psychologist and writer*

A study of positive emotion, character, and institutions by Seligman and Csikszentmihalyi in 2000 included data from around the world and over time. From the studies of

the ancient Greeks to the Psychology departments in today's universities, the conclusions turned out to be the same. Scientific evidence verifies long-held beliefs—key strengths in the optimistic personality are linked to life satisfaction in regard to a life well lived and are a high index of self-esteem and good mental health. In addition to individual influence, there is a great impact on the world culture when these principles and strengths are applied to leaders and learners.

A 2005 Time magazine cover story, "The New Science of Happiness," featured Seligman and highlighted eight simple steps to lift your level of happiness, based on the research of University of California psychologist Sonja Lyubomirsky:

1. **Count your blessings.**
2. **Practice acts of kindness.**
3. **Savor life's joys.**
4. **Thank a mentor.**
5. **Learn to forgive.**
6. **Invest time and energy in friends and family.**
7. **Take care of your body.**
8. **Develop strategies for coping with stress and hardships.**

Look for additional information and scientific investigation of the phenomenon of positive psychology in an upcoming article I wrote for the International Council on Active Aging's *Journal of Active Aging*. (A link on the Touchmark Web site will be available following publication.)

Talk with Waterford Life Enrichment/Wellness Director Susan Hill for immediate access to support and opportunities to implement positive influence. The possibilities for optimistic results are unlimited.

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## Enjoy maintenance-free living

**by Lorri S. Chugg**  
—Community Relations Director

Just when we have hopefully made it through our snowy months in Helena, for some reason, we start thinking of all that yard work and home maintenance to come.

Sounds like it's time to consider a maintenance-free lifestyle at Waterford. Our condo-style and single-level homes all include delicious meals in our lovely dining room, weekly housekeeping, and all necessary maintenance.

Free yourself of spring-cleaning and maintenance worries. Call 406-449-4900 today for a tour of our lovely community.

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## More than 175 cupcakes baked!



Resident Dorothy Glass graciously baked 180 red-velvet cupcakes for residents to enjoy with Valentine's Day dinner.

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## Ellen Baumler to present *Mary Ronan and her Circle of Friends*

**by Susan Hill**  
—Life Enrichment/Wellness Director

In celebration of International Women's Day, Ellen Baumler of the Montana Historical Society will present *Mary Ronan and her Circle of Friends*. Come hear about the pioneer life and times of Mary Ronan—from her childhood in Virginia City to her schooling in Los Angeles and her life in Montana (including time spent on the Flathead Indian Reservation).

Join us Thursday, March 8 at 2 pm in the Forum.

# Residents cruise around the world

For nearly a week last month, Waterford became a cruise ship. On Monday, the first stop was Ireland. On Tuesday, residents visited the Caribbean. On Wednesday, the ship stopped in Greece, and on Thursday, travelers concluded their trip with a stop in Italy.

The Dietary staff created and served international cuisine from each country. The grand finale was on Thursday night with the Captain's Ball. The Queen City Swing Band provided great dancing music, and the Dietary staff presented a fabulous spread of hors d'oeuvres. Members of management and their spouses mixed and served refreshments, and students from Carroll College joined residents and staff for dancing.



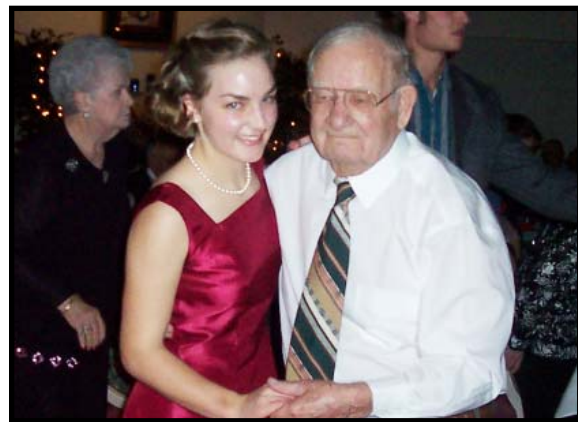
**George and Margaret Snyder**



**Mary Galt and Ed Bell**



**Nellie Johnson and Bud Smith**



**Carroll College student Amy Nistler with resident Paul Kleffner**



**Phyllis Johnson and Dorothy Glass**

## 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 March is a humor and laughter poetry feature.*

## Humor

*by* **Lucille Bachman**

—Resident at a Touchmark community in Fargo, North Dakota

### *Humor*

*The dictionary says*

*A Whim to gratify*

*The Sense of the Ridiculous*

*The Joy of Giving Over*

*A Twinkle in the Eyes*

*A Child's Laugh*

*Grandpa's Chuckle*

*Life Can Be Sweeter, Fuller, and*

*Gratify the Spirit of Every Day*

*Because we can Laugh*

### *Humor*

*What a Wonderful Gift*

*Think of Life*

*Without a Laugh*

*A Funny Picture*

*A Clown's Face*

*One of Mary's Jokes*

*How Dull Life Would Be*

*I Sat in the Park on a Bench one day*

*And Watched the Faces that Passed by*

*And I thought Why This is Funny*

*And Then I knew*

*The World had Given us a Reason to Laugh*

*A Wonderful Sense of Humor*

*For April, please submit an intergenerational story—current or from the past. Deadline for this issue is March 10. For a list of the guidelines, monthly themes, and deadlines, please contact Life Enrichment/Wellness Director Susan Hill.*

## Upcoming events

**Thursday, March 8, 2 pm**—Ellen Baumler presents *Mary Ronan and her Circle of Friends*. Forum.

**Friday, March 9, 2 pm**—National Cabin Fever Reliever's Day. Come play chingers, pool, and golf, and enjoy lemonade, beer, and snacks. Forum.

**Friday, March 16, 2 pm**—High tea. Bill Plantenberg, an Irish tenor, will entertain us. Forum.

