



A Touchmark community  
Est. 1980



## The changing days of our lives

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

According to research by Penn State Associate Professor Matt Kaplan, PhD, and others, the activity level of the grandparent generation has gone up, due in part to improved health, increased fitness over the life span, and a worldwide emphasis on supporting lifelong learning. Grandparenting itself has changed significantly. Shared interests now may include mountain biking, martial arts, photography, or skiing. Today, there are grandparent university programs that offer courses and workshops for grandparents and their grandchildren, and several entrepreneurs specialize in “grandtravel,” planning vacations for the two generations who want to explore new horizons together.

**“Effective intergenerational programs provide time as well as space to build relationships between children and older adults.”**

—*High/Scope Educational Research Foundation*

There are some losses associated with this cultural shift. The days of Sunday dinners at grandmother’s house may be gone altogether or occur primarily during holidays and specially planned reunions. Children go to school year-round in many places, with summer vacations limited or lost. Extended families may correspond primarily by e-mail, cell phone, and webcasting. The net effect is less time for connecting generations and building relationship-based,

real-time personal encounters within the community.

The intergenerational programs at Touchmark communities emphasize enhancing opportunities for connectivity among the generations. Whether the family is near or far, there are occasions to connect with children and young adults. Programs and events are planned and held to support ongoing relationships between residents and guests of all ages. There are scheduled program offerings that provide intergenerational activities both within Waterford and beyond. To contribute ideas or volunteer in the Full Life intergenerational programs we sponsor, contact Life Enrichment/Wellness Director Susan Hill.



## A lifestyle and home built for you

*by* Lorri S. Mullen  
—Community Relations Director

Tired of yard work, housekeeping, maybe even cooking? Why not give it all up! Let our staff do the work for you. At Waterford, we take care of the housekeeping and cooking, and we even plan fun, life-enriching activities for you. You will be sure to find new friends here with your same interests. Have you been dreaming of a pleasant condo-style home with beautiful views of the South Hills or Helena Valley?

We currently have several one-bedroom condo-style homes for immediate occupancy. Call 406-449-4900 for a personal tour. We have a lifestyle and a home built just for you.

## Celebrating birthdays and St. Paddy's Day

The March birthday celebration had a St. Paddy's Day theme—of course. Delicious corned beef and cabbage were prepared by Chef Adam Mendez. The Brennen family provided entertainment after dinner.

The St. Paddy's Day festivities continued later that week when residents gathered for beer and snacks and enjoyed Irish dancers. Chris Thompson also performed, playing guitar and singing.



Chris Thompson performs on the guitar for a packed house.



Dorothy Glass attends the March birthday night celebration.



Residents gather for beer, snacks, and entertainment on St. Patrick's Day.



Residents dish up at the lovely salad bar.



**Save the date!**  
**National Senior  
Health & Fitness Day**  
**Wednesday, May 30**

## April events

by Susan Hill

—Life Enrichment/Wellness Director

Staff members and families recently celebrated with an Easter egg hunt. Our chef, Adam Mendez, grilled yummy hot dogs and served chips and pop.

On Thursday, April 12, we will have dinner out at a new restaurant in town called The Bootlegger. This is located up scenic Reeders Alley in Helena. Sign up at the front desk to attend.

Our April birthday night dinner will be a luau on Thursday, April 19. We will be entertained by Hawaiian dancers in the Forum at 6:15 pm.

### Upcoming events

**Thursday, April 12, 5 pm**—Bus leaves Waterford at 5 pm for dinner at The Bootlegger in scenic Reeders Alley.

**Thursday, April 19, 6:15 pm**—Hawaiian dancers and birthday celebration. Forum.

### 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 April is an intergenerational story.*

## Some of my fond memories

by Mary Lousie Loucks

—Resident

Saturdays were always fun, because all the neighbors went to town to shop, and the men met at the South Pool Hall, and the women and children shopped for all the necessities they needed for the next week. Oftentimes, small groups would gather and visit with friends and neighbors.

During summer evenings, everyone was happy if the wheat crops looked promising. The closer to harvest—the weather

was one topic of concern. The children were happy to see classmates. Each one was greeted as best friends. My father bought me this carriage for Christmas and saved it for a year. These are some of my fond memories.



**Mary Lousie Loucks with the carriage her father bought her.**

*For May, please submit an article about active living—sports/fitness theme. Deadline for this issue is April 16. For a list of the guidelines, monthly themes, and deadlines, please contact Life Enrichment/Wellness Director Susan Hill.*

