



A Touchmark® community
Est. 1980



Leave the work behind!



Message from
Merry Lunde
—Executive Director

We have four seasons in Montana, with spring being the shortest one. There are signs it has arrived—the grass is greening, trees are budding, and the days are filled with sunshine. It’s amazing how these signs of life bring smiles to so many faces and feelings of anticipation of enjoying spring and summer activities. Our campus is perfect for outdoor walks in the sunshine and for enjoying the sounds of spring.

We are busy planning the National Senior Health & Fitness Day celebrations, which are on Wednesday, May 30 and Thursday, May 31. This year’s theme is *Make Every Day a Fitness Day*. On May 30, join us at Waterford for demonstrations and booths on health and wellness presented by experts from the Helena community. Then on May 31, we will take the bus to Spring Meadow Lake for a nature walk around the lake and a picnic lunch, prepared by our chef. It’s a great opportunity to enjoy informative speakers, participate in a healthy food demonstration, and learn about the many opportunities that are available to you not only at Waterford but also in our great city. The next few months are filled with many exciting activities.

If you are looking out your front window at that grass that already needs mowing, why not leave the work behind and

give Lorri Mullen a call to set a date for lunch and a tour of Waterford. At Waterford, you can enjoy a dinner at the lake, trips to attractions in the Helena area, and, best of all, the companionship of great people at Waterford. Spring is here; we are looking forward to welcoming you to Waterford on Saddle Drive.



From research to practice

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

This year, the theme of National Senior Health & Fitness Day (Wednesday, May 30) is *Make Every Day a Fitness Day*. Research over the past year by a coalition of national organizations (“The National Blueprint: Increasing Physical Activity Among Adults Aged 50 and Older”) has clarified even further that lifestyle choices in the area of physical activity are the number one predictor of aging well. In addition to the benefits of improved cardiovascular health, strength, balance, and flexibility in regard to

“In Canada and the United States, ... numerous initiatives are under way to promote active aging and quell rising rates of obesity, diabetes, and other chronic illnesses among older people.”

—Marilynn Larkin, MA, fitness professional and medical writer and editor

functional fitness, the impact on reducing chronic illness can be measured in real dollars and real time.

The most successful transitions for inactive or under-active adults occur when all the factors that contribute to success, benefits, and maintenance of the lifestyle changes are in place. The most critical are:

- A safe and accurate physical activity prescription that meets the unique needs of the individual.
- A functional assessment (initially and ongoing) that measures all the components of wellness for each participant.
- A balanced program that includes safe and effective endurance, strength, balance, and flexibility components.
- In group-based physical activity, a qualified instructor who provides training and supervision.
- Support through the transition process from professionals and peers.

Waterford is committed to providing opportunities for physical activity choices that will enhance the quality of life and function for each resident. For details about the May 30 celebration of wellness, contact Life Enrichment/Wellness Director Susan Hill.

You can live here!

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

With Waterford’s carefree lifestyle, you can really *live* here. Forget the yard work, housekeeping, and cooking; we do it all for you! This will give you time and energy to join in on our Life Enrichment/Wellness events.

We offer fitness classes, including mobility and strengthening, and circuit and yoga classes each week. We also have numerous activities, such as weekly men’s and women’s coffee clubs that feature speakers from local businesses, music performances, high tea, matinees on our big-screen TV—plus, many opportunities for outings with transportation provided. We regularly have a group attending the Helena Symphony; Live! at the Civic; Grand Street Theatre as well as dinners out at Helena’s most popular restaurants. So leave the cooking and cleaning behind, and start *living*

at Waterford. Call 406-449-4900 for your personal tour today.

Celebrate health and wellness with Waterford

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



Join us at Waterford on Wednesday, May 30 from 10 am to 2 pm for an exciting health and fitness fair—*Make Every Day a Fitness Day*—celebrating National Senior Health & Fitness Day.

On Wednesday, come collect helpful health information from a dozen local companies, enjoy healthy food, watch yoga demonstrations, and much more. On Thursday, we’ll continue the celebration with a trip to Spring Meadow Lake. We’ll take a walk around the lake and enjoy a picnic lunch. The event is from 10 am to 1 pm.

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 May is an article about active living—sports/fitness theme.

Active Living



by **Carl Anderson**
—Resident

In response to the question “How do you stay in shape?,” I offer the following ... I try to ...

- Eat three meals a day.
- Avoid junk foods.
- Leave the table slightly hungry.
- Go easy on the salt.
- Read the government-mandated label when buying a new product. Labels are in teeny-tiny print. Act accordingly.

- Augment the diet with a light regimen of food supplements.
- Exercise regularly, taking care not to overdo it.
- Take a nap after lunch.
- Retire at 9 pm; rise early.
- Drink a glass of red wine before dinner. (Not for everyone.)
- Drink green tea often.
- Drink six to 10 glasses of water each day.
- Relax and have a little fun each day.
- And finally ... don't be foolhardy and try to guess a lady's age, weight, or shoe size!

For June, please submit an "I remember when ..." nostalgic story. Deadline for this issue is May 16. For a list of the guidelines, monthly themes, and deadlines, please contact Life Enrichment/Wellness Director Susan Hill.

International expert speaks to Touchmark staff



"We can have many diseases and conditions—and still be well," says Jan Montague, who has devoted her professional life to wellness and health promotion and "invites people to choose optimism." Jan owned and managed a chain of fitness centers for more than 10 years and has consulted with more than 90 senior living communities, hospitals, and other firms. A vibrant speaker, she spoke last month in Beaverton, Oregon, to Touchmark Life Enrichment/Wellness staff at their annual training session.

Jan started her presentation by sharing, "I walk, talk, and try to live wellness in all that I do." Ten years ago, she explains, wellness was "a good idea." Five years ago, "we knew wellness was something we should do." Now, the research is overwhelming, and she says, "It's something we must do."

Yet, people still operate within an illness model—fix the problem but ignore the whole person. In contrast, Jan says, "Wellness is an inside-out model." Her approach addresses all aspects of human nature: social, emotional, physical, intellectual, spiritual, and vocational. According to Jan, "Wellness will not just happen on its own," She emphasized the importance of intentional and purposeful wellness and focused on how people's actions can build—or discourage—intentional, healthy communities. Some specific steps people can take to build community include:

- **Surround yourself with a positive support system**
- **Maximize individual capacity—do as much as you can**
- **Make sure your "whole person" shows up every day**
- **Take on self-responsibility**
- **Choose optimism**
- **Recognize that life happens and make a decision to be positive**

"Wellness is a strength-based approach to life," says Jan, encouraging people to "Think well. Act well. Be well."

In 1997, Jan Montague met now-retired Touchmark Vice President Ed Murphy, who invited her to work with Touchmark, which she did. "Everywhere I'd go, I'd talk about your company," she says. "You were truly, truly the trailblazers of wellness." Today, Touchmark's focus has evolved to its current, dynamic Life Enrichment/Wellness program.

Upcoming events

Saturday, May 12, 9:45 am—Bus leaves for tour of Archie Bray's *Mother's Day Pots and Plants*. Meet in lobby.

Friday, May 25, 1:30 pm—*Racing Runs Deep*, presented by Ellen Baumler of the Montana Historical Society. Enjoy this fascinating presentation on horse racing in Montana. Forum.

Wednesday, May 30, 10 am to 2 pm—National Senior Health & Fitness Day fair. Celebrate and enjoy vendor booths, demonstrations, and more. Forum.

Thursday, May 31, 10 am to 1 pm—Celebration of National Senior Health & Fitness Day continues. Bus leaves at 9:40 am for Stepping Out walk and picnic at Spring Meadow Lake.



Egg hunters search for eggs.



Residents Nellie Johnson and Bud Smith grab a yummy hot dog during the egg hunt event.

Waterford Easter egg hunt

In early April, Waterford hosted its annual Easter egg hunt for grandchildren of residents and children of staff. More than 100 people participated, despite the chilly Montana spring weather. Chef Adam Mendez served hot dogs, chips, and refreshments for residents, friends, families, and, of course, the eager egg hunters.



Alyssa and Autumn Mendez, daughters of Chef Adam Mendez, had fun despite feeling a little cold.



Chef Adam Mendez serves hot dogs to residents, families, and friends.

