



Building intentional community

by **Marge Coalman, EdD**

Vice President of Wellness & Programs, Touchmark

When people come together to form community, it is done with intention. Each person who lives in a Touchmark community has made the decision to move to a new home, live with others he/she has not met before (in most cases), and share many community spaces, such as a dining room, library, and fitness area.

During my travels as vice president of Wellness & Programs, I visit all of Touchmark's communities in the US and Canada and talk with the residents who live there and the staff who work with them. Occasionally, I also talk with family members and guests. The stories of how each person chose to live in that community and the circumstances that led to the decision are as individual as each person. There are some things in common, however, that I would like to share.

“... People will forget what you said, people will forget what you did, but people will never forget how you made them feel.”

—*Maya Angelou, poet*

- **There is a lot of loss people experience when relocating from their previous home. The new neighborhood, backyard, and home features are all different. For some, it is a change from a home they have lived in for 40 years or more. It may even be a different time zone and climate.**

- **Even when the individual makes the decision to move, the change is hard to adjust to, and it takes a while to feel part of the community.**
- **People consider themselves to be fortunate to live in an environment where there are well-trained, compassionate staff on duty throughout the 24-hour day, seven days a week.**
- **The most important element for a successful transition is the people who live and work in the community. One resident commented, “They are all so interesting. The diversity, experience, and wisdom in our community are more than I could have ever imagined.”**

The building of intentional community is done by the people who choose to move in and those who welcome them. Although each resident's skills, strengths, hobbies, and interests may be very different, the greater good of all is held in common. Programs and services are designed with these interests and preferences in mind. An important component of the Life Enrichment/Wellness program is the resident committee that works with the staff to connect with new residents. To be part of the program that welcomes, nurtures, and honors newcomers, contact Life Enrichment/Wellness Director Susan Hill. You are invited to be an architect of this intentional community.

Discover a new home—and lifestyle

by **Lorri S. Mullen**

—Community Relations Director

Spring is a very active time at Waterford. We currently have only two independent living, one-bedroom condo-style homes available, and folks are calling each week to find out what we offer.

Remember, all of our homes—whether you live in a condo-style home or cottage—include all Waterford amenities. We provide meals in our lovely dining rooms, weekly housekeeping, maintenance, fabulous Life Enrichment/Wellness opportunities, and scheduled transportation.

Don't wait! If you are ready to rid yourself of housekeeping, cooking, and yard work, call 406-449-4900 for a tour today.

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Honoring military members

In May, members of Montana's Honor Guard from Fort Harrison presented the United States flag-folding ceremony for residents at Waterford in recognition of Memorial Day. Two honor guard members folded the flag as another explained the symbolism of each fold. To learn more about folding a flag and the symbolism of each fold, visit www.usflag.org/foldflag.html.



National Guard members from Fort Harrison present a flag-folding ceremony at Waterford.



Share your wedding memories

Join us for a delightful High Tea on Friday, June 29 at 2 pm in the Forum. The theme for this fun occasion will be June Brides, so bring your special wedding photos to share. Please join us for this fun event!

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 June is an "I remember when ..." nostalgic story.

I Remember When ...

by **Phyllis Garrison**

—Resident

I remember when I was growing up that I was fond of my six brothers and three sisters. Being the eldest was very special.

I married at 19, and I remember crying, because I missed my large family so much. My poor husband didn't know

what to do with me. I saw my brothers and sisters often but still missed being there with them all the time.

Now, I have three sons of my own.

For July, please submit a poem featuring patriotism and community service. Deadline for this issue is June 18. For a list of the guidelines, monthly themes, and deadlines, please contact Life Enrichment/Wellness Director Susan Hill.

Upcoming events

Wednesday, June 20, 1 pm—Trip to the beautiful Tizer Botanic Gardens.

Monday, June 25, 1 pm—Entertainment by the Old-Time Violin Duo. Forum.



Waterford Head Chef Adam Mendez recently prepared a heart-healthy snack for the Mended Hearts monthly meeting.

Mended Hearts meets at Waterford

The local chapter of this nonprofit organization uses the motto, “It’s Great to be Alive ... and to Help Others!”, which is its main reason for being organized.

The local chapter of Mended Hearts invites heart patients, their families, and friends to attend monthly meetings at 7 pm on the fourth Wednesday of each month at Waterford. “People will be encouraged and informed,” says Life Enrichment/Wellness Director Susan Hill.



People select tasty food for lunch at the Mended Hearts meeting.

Birthday night celebration— a luau



Ready to enjoy a festive meal, Margaret Keller (from left), Elsie Jones, and Arvah Morton gather around a table.



The celebration was a family affair, as Christie Schlagel (left) joined her mom, Dorothy Gardner, for the festivities.



Pictured are (from left to right, clockwise): Pui To Lui, Mary Louise Loucks, Peg Rule, Joe Orahoske, Paul Kleffner, Mary Galt, and Lois Eveland.



Ruth Larson (front to back), Marjorie Nichols, and Mary Virginia Pesta are ready for the party!

