



A Touchmark® community
Est. 1980



We have not forgotten

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

Recently there was a compelling documentary where the remaining veterans of the “war to end all wars—World War I” were recognized and interviewed. Those who are still alive are scattered around the world and there are only 28

“I’ve got too much energy, too much ambition, too much get-up-and-go. I have to do something.”

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—Audrey Stubbart, quoted in the 1995 article in *U.S. News & World Report’s* feature on centenarians still working

at last count. The stories of these men and women were remarkable—a reminder of how a life can be shaped by the belief in the greater good for all and the sacrifices countries and individuals make to protect and defend their beliefs.

World War I veteran, Emiliano Mercado del Toro of Puerto Rico (August 21, 1891 to January 24, 2007), died at 115 and is the oldest authenticated veteran from any conflict. It is amazing that someone could survive through all the health epidemics, storms, disasters and challenges the last 115 years have presented to the human species. In today’s world, everyone has a better chance for living a long, productive life than most of Emiliano’s counterparts did in his lifetime. Improved health and sanitation, immunization, access to better shelter and more abundant food have increased the average adult’s lifetime to the late seventies. The percentage of people over the age of 100 in North America is the

fastest-growing segment of the population. What does this mean for mankind?

It means that by 2025 we will have the largest world population of citizens over the age of 65 than ever before. The importance of living long is being replaced by the imperative to live well. Each individual has a responsibility to make good health and lifestyle choices that will allow him/her to be independent and contributing to society for as long as possible.

One of the primary goals of the Life Enrichment/Wellness program at Waterford is to provide the healthy options and environments that do allow each individual to have access to good choices with appropriate support. To find out more about the programs and opportunities available, contact Life Enrichment/Wellness Director Susan Hill. To celebrate and honor the sacrifices of the past, we are obligated to make the best use of the present.

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Be part of Waterford’s community

by Lorri Mullen
—Community Relations Director

Waterford on Saddle Drive is a lovely, resort-style retirement community, offering spacious single-level homes as well as comfortable condo-style homes.

No matter what type of living accommodations people choose, they get to use and enjoy all the numerous Waterford amenities, such as delicious meals, weekly

housekeeping, maintenance, scheduled transportation to the grocery store and personal appointments each week, and a Life Enrichment/Wellness program.

With all of these amenities, life at Waterford is most comfortable. What really makes the community a satisfying place to live, though, is the people. The residents and staff are the best!

Come join—and be a part of Waterford’s community. Call 406-449-4900 for your personal tour.

Upcoming events

Tuesday, July 24, 5 pm—Summer picnic at the Helena Fairgrounds.

Wednesday, July 25, 2 pm—Presentation by Lois Lonnquist, author of *Fifty Cents an Hour: The Builders and Boomtowns of the Fort Peck Dam*. Forum.

A snippet of my life

by Dorothy Randall
—Resident

When I graduated from high school I heard that Lasky Studio needed someone to help complete costumes for a picture it was making, so I applied and got the job. This was at the time that [costume designer] Edith Head was starting her career, and she was working there, too. The film included a scene in which actress Faye Wray had to jump out of a second-story window, wearing a negligee. Of course, with the filming of many “takes” the negligee was ruined, so we had to make several.

Lasky Studio’s costume department was a big one, and



Dorothy Randall turned 99 on July 9 and is the oldest resident at Waterford on Saddle Drive. Born in Long Beach, California, she attended school in Los Angeles. Four years ago, she moved to Waterford to be closer to her son, Richard.

other studios would borrow from them. However, when the studios finished a picture, we were out of work, so I moved to a more realistic world and a more dependable paycheck. I went to work for General Motors’ Chevrolet Division, where I met my future husband.

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 July is a poem featuring patriotism and community service.

What is patriotism?

by Joe Orahoske
—Resident

What is patriotism? We often hear the word, but what does it mean? Patrick Henry said, “Is life so dear, or peace so sweet, as to be purchased at the price of chains and slavery? Forbid it, Almighty God! I know not what course others may take; but as for me, give me liberty or give me death!”

Take time to reflect on what it means to be an American, and you’ll find your own answer to the question: What is patriotism?

For August, please submit a recipe with a story. Deadline for this issue is July 23. For a list of the guidelines, monthly themes, and deadlines, please contact Life Enrichment/Wellness Director Susan Hill.

Note: Last month’s I remember when submission was written by Phyllis Williams. We apologize for incorrectly identifying the author and are reprinting it.

I remember when ...

by Phyllis Williams
—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.



Audrey Hood (left) and Milli Wilde soak in the summer weather.

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Summer solstice party a success



Phyllis Williams (left to right), Virginia Peterson, and Ed Bell at the summer solstice party in June.



Residents celebrate the official beginning of summer with a summer solstice party on the patio. The weather was beautiful, and residents were able to relax and enjoy refreshments with friends.

