



A Touchmark® community
Est. 1980



It's our 10th anniversary!



Message from
Merry Lunde
—Executive Director

As summer comes to a close, we're anticipating Waterford's upcoming anniversary celebration this fall. Our beautiful 11.5-acre community opened in 1997 and now is home to more than 170 people with 70-plus individuals on staff.

Since I joined Waterford in 2000, I have found this community to be inviting and warm, with an exceptionally dedicated staff. It has been a pleasure to work with everyone as the community has grown.

We're planning a Harvest Days event in mid-September to celebrate 10 grand years. We're finalizing our plans now, so stay tuned for more details—and come join the celebration!

.....

Leisure—it's more than a commodity

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

The marketing and providing of leisure services have grown to a multimillion-dollar industry, designed for the most

part to capture what individuals consider their “disposable” income. To that end, the wheels of industry churn 24/7 to grab the consumer and his/her dollars before another provider of “fun and fulfillment” moves ahead in the queue. An outcome of this frenetic competition is that our mailboxes, newspapers, magazines, telephones, computers, and TV screens are filled with ads and invitations to find a better quality of life through spending our time, money, and passion on leisure products.

The list of the current top 10 most-viewed leisure companies on www.hoovers.com ranges from the McDonald's Corporation at the number one spot to Playboy Enterprises, Inc. coming in tenth, with Starbucks, Walt Disney, and a few other well-known entities in between. What this says to me is that as a culture we link leisure primarily to eating (especially if it is fast food) and entertainment—participatory or not. Realizing that there is pleasure in time spent in both of those categories, it is interesting that the list doesn't reflect one representative of the contemplation Sheen mentions in his numerous writings and reflections on leisure.

As I interview adults over the age of 50, I find a fair number

**“Leisure is a form of silence,
not noiselessness. It is the
silence of contemplation such as
occurs when we let our minds
rest on a rosebud, a child at play,
a Divine mystery, or a waterfall.”**

.....
—Bishop Fulton A. Sheen

who engage in activities, events, and even causes that aren't on the list but that provide enormous pleasure and satisfaction. Some of these are referred to in Sheen's quote, and many others I observe in the Touchmark communities I visit: gardeners, artists, readers, poets, knitters, quilters, crafters, dancers, musicians, woodworkers, storytellers, mentors to young children and adults, travelers, cooks, and writers—a vast array of talent and engagement as individual as each person I meet.

At Waterford, the Life Enrichment/Wellness program focuses on bringing people together for activities and events that provide pleasure and fun. However, the individual need for personal engagement and contemplative leisure is an equally important emphasis of the program. Residents, family, and staff are encouraged to talk to Life Enrichment/Wellness Director Susan Hill about how they define leisure—both individually and collectively.

.....

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 August is a recipe with a story.

Lady Baltimore cake



by **Mary Louise Loucks**
—Resident

My favorite recipe for dessert is a beautiful two-layer white cake with lemon filling, iced with seven-minute frosting, and covered with fresh coconut. This cake was the centerpiece of our best Sunday meals.

When it was dessert time, Dad would carry in the freshly hand-turned ice cream he had made earlier that morning. Mother had several recipes for fillings for the

cake, but lemon was always my favorite.

Cake

1/2 cup butter
1 1/2 cups sugar

2 1/2 cups sifted flour
2 1/2 tsp baking powder
1 tsp salt
1 cup milk
1/2 tsp flavoring
4 egg whites

Grease 13" x 9" oblong pan. Cream butter and sugar together until fluffy. Sift together flour, baking powder, and salt. Mix in alternately with milk and flavoring, and fold in 4 egg whites, stiffly beaten. Pour into pan. Bake at 350 degrees for 35-45 minutes

Lady Baltimore White Frosting

1 1/2 cups sugar
1 tsp light corn syrup
2/3 cup water
2 egg whites, beaten stiff
1 tsp vanilla

Mix sugar, light corn syrup, and water, and boil to 242 degrees. Pour slowly and beating constantly into beaten stiff egg whites and add vanilla. Continue beating until mixture is fluffy; cover top and sides of cake and sprinkle with fresh coconut.

For September, please submit a book review of your favorite book. Deadline for this issue is August 22. For a list of the guidelines, monthly themes, and deadlines, please contact Life Enrichment/Wellness Director Susan Hill.

.....

Leave home maintenance behind

Come join Waterford on Saddle Drive and leave your home maintenance behind. Whether it's a condo-style home or a single-level home, Waterford takes care of all the maintenance—both inside and outside.

Waterford has a lovely single-level home that will be available for occupancy as early as September 1. The two-bedroom, two-bathroom cottage is 1,345 square feet and features an open-style floor plan.

All Waterford services are included with cottage homes, such as meals each day in the lovely dining room, our unique Life Enrichment/Wellness program that includes activities on Waterford's campus as well as outings, and scheduled transportation.

And remember, Waterford takes care of all maintenance,

inside and outside of your cottage, leaving time for you to enjoy life! Call 406-449-4900 for more information, and sign up for a tour today.

Upcoming event

Thursday, August 23, 9:45 am—Tour bus ride through the historical area of Helena.

Thursday, August 23, 2 pm—Presentation on osteoporosis in the Forum.

Friday, August 24, 2 pm—High Tea in the Forum.

Japan and Montana celebrate 25-year friendship

Earlier this month, the Kumamoto Strings Orchestra came to Montana to take part in the 25th anniversary celebration of the sister-state relationship between Montana and Kumamoto, Japan. The orchestra performed in the rotunda of the Montana State Capitol and at Immanuel Lutheran Home in Kalispell.

The group had extra time and decided to perform for another audience. Waterford was fortunate enough to be chosen for this special event. The orchestra serenaded the audience with about five pieces, and the children gave residents origami cranes, which signify health, happiness, and prosperity.

The group is composed of individuals who have studied string instruments with the same teacher, Tamami Tatsuno Sensei, who also has two children in the orchestra.



Members of the Kumamoto Strings Orchestra perform a traditional Japanese dance while the musicians play.



Receiving a small origami crane, resident Eldora McBride exchanges smiles with a member of the orchestra.



Kumamoto Strings Orchestra from Japan plays for residents and staff.

