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## People can affect onset of progressive memory loss

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

Collaborative research studies are coming out weekly that provide evidence that each one of us can make choices that help compensate for age-related changes in regard to cognitive capacity and staving off the onset of dementia-related illness. In 2005, the first definitive information about the positive effect of exercise on reducing the risk of Alzheimer’s disease was published. In 2006, the spotlight of research turned to nutrition. In general, the consensus of all the researchers is “if it’s good for the heart it is good for the brain.”

**“Older adults have more control over their cognitive vitality than they may realize.”**

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—Elizabeth Stine-Morrow,  
Professor of Educational Psychology,  
University of Illinois

This year, the primary focus is on the quest for interventions and prevention of the onset of all age-related dementia illnesses through continued development of brain cells in the area of

intellectual stimulation and new learning. A large body of work from around the world confirms that specific attention to reading techniques and content, memorization, computer games designed to stimulate the cells of the hippocampus (the brain’s region for new learning), difficult crossword puzzles, and challenges like Sudoku

are definitively linked to brain cell growth and enhanced mental function.

To this end, the National Institute on Aging has earmarked \$2.8 million to go to Elizabeth Stine-Morrow and her colleagues at the Beckman Institute for Advanced Science and Technology for a program called Senior Odyssey that is designed to engage older adults in team-based creative problem-solving and other brain-teasing challenges. Morrow’s research on reading shows that older readers with good comprehension have learned how to adjust their allocation of effort to compensate for losses in other areas, such as working memory and language-processing speed. Her work, as well as the work of other scientists, shows that we don’t need to buy into the cultural stereotypes of diminished cognitive capacity associated with the aging process.

The lifelong learning opportunities at Waterford are selected to support the abilities and skills of the residents. Embrace intellectual challenges. To find out more about program offerings or to be involved in planning and coordinating new learning activities, contact Life Enrichment/Wellness Director Susan Hill.

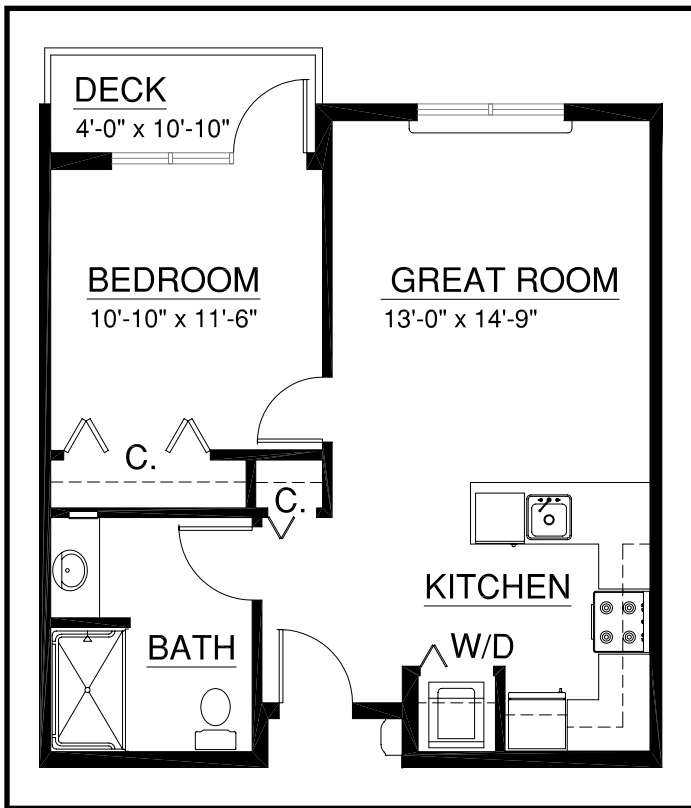
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## Find more time for friends and hobbies

When you leave the cooking and cleaning to Waterford staff, you’ll have more time for friends and hobbies. Whether you choose one of the spacious cottages or comfortable condo-style homes, all Waterford services are

included. You might even hear the phrase “all-inclusive living” to describe the Waterford lifestyle. For example, you can take advantage of meals in the lovely dining room, weekly housekeeping, and utilities, and, of course, all maintenance both inside and outside is provided by friendly, helpful staff.

Leave the fall cleanup behind and come to Waterford. You will find more time for friends and hobbies. Call 406-449-4900 today for a personal tour.



**This lovely one-bedroom condo-style home offering assisted living services is available. The home includes a kitchenette, microwave, private bath with walk-in shower, a full-size refrigerator, all utilities (except personal telephone), and basic cable TV. Residents enjoy hospitality services, weekly housekeeping, laundry service, and a dynamic Life Enrichment/Wellness program. To learn more about this home, call 406-449-4900, or if you're interested in a Waterford cottage home, call today and join the waiting list.**

## 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 September is a book review of your favorite book.*

## Discover the many books of Annie Dillard



**by Ellie Furbush**  
—Resident

The first time I read a book by Annie Dillard was in 1975 when I read her Pulitzer Prize-winning book, *Pilgrim at Tinker Creek*, a collection of essays on the wonder of nature. Since then, she has written many books of poetry and es-

says, including, *Teaching a Stone to Talk: Expeditions and Encounters* and *For the Time Being*.

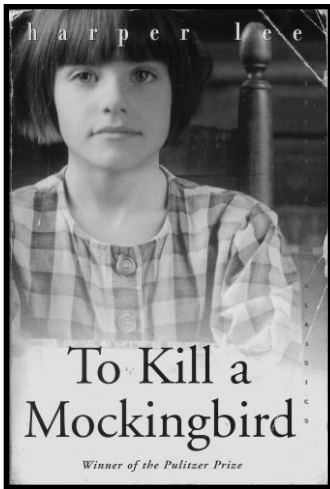
This last year, I enjoyed her book of fiction, *The Maytrees: A Novel*. The setting is in Provincetown, Cape Cod, which was familiar territory for me. It's the story of an unusual marriage in an unusual place written in Annie Dillard's poetical writing style. Now I'm looking forward to reading her autobiography, *An American Childhood*.

*For October, please submit a poem about harvest/life wisdom. Deadline for this issue is September 27. For a list of the guidelines, monthly themes, and deadlines, please contact Life Enrichment/Wellness Director Susan Hill.*

## Waterford joins The Big Read

Waterford will partner with the Lewis & Clark Library to promote and participate in a community-based program, The Big Read.

The National Endowment for the Arts started the program in 2006 to generate interest in reading nationwide. Specifically, individual communities come together to read and discuss a single book, and this year the chosen book



is *To Kill a Mockingbird* by Harper Lee. The program will run from mid-October to mid-November. Books will be distributed to participants at no charge.

If you're interested in joining the discussion group, please contact Life Enrichment/Wellness Director Susan Hill or Life Enrichment/Wellness Assistant Marguerite Rylander at Waterford at 406-449-4900.

**Participants of The Big Read will be reading *To Kill a Mockingbird* by Harper Lee.**

## Upcoming events

**Monday, September 24**—Waterford residents and family members leave for five-day Carnival Cruise to British Columbia. During the cruise, the group will visit the beautiful Victoria Butterfly Gardens and The Butchart Gardens. Life Enrichment/Wellness staff will accompany the group.

**Monday, September 24, 11 am**—Trip to Bozeman and the Museum of the Rockies.

**Thursday, September 27, 2 pm**—Piano music by the Reimans. Forum.

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## Touring the Gates of the Mountains



Residents scan the landscape as they float along the Missouri River on a boat tour of the Gates of the Mountains. They also enjoyed a picnic lunch.

