



Commemorating 10 years



Message from
Merry Lunde
—Executive Director

Waterford recently celebrated its 10th anniversary. More than 350 people, including residents, families, staff, and friends, attended the celebration party and enjoyed a barbecue buffet, horse-drawn carriage rides, and musical entertainment.

For dinner, we enjoyed a wonderful spread, including tossed salad, herb and citrus marinated chicken breast, hamburgers and hot dogs, homemade baked beans with molasses and chopped bacon, fruit and vegetables, baked potatoes, and ice cream.

We listened to the delightful music of Doreen Greg, who sang and played guitar, the vocal and acoustic music of the Hopeful Troubadours, and the Helena Handbaskets, a local bluegrass band.

A highlight was the horse-drawn carriage rides.

I enjoyed celebrating with everyone. It was a special

time to honor residents who call Waterford home and the staff who provide such great service and care. Many thanks to everyone for celebrating with us, and here's to another great year.



This group joined the Waterford community right after it opened in 1997. Front, from left: Eva Farrington, Helen Crapo, and Esther Hudnall. Back, from left: Gil Gilbertson, Dixie Ray, and Fritz Weed.



Bob Dickey joined Waterford when it opened.



People enjoy horse-drawn carriage rides.



Waterford Head Chef Adam Mendez (in white) adds food to the buffet line.



The Hopeful Troubadours



The Helena Handbaskets, a local Bluegrass Band, perform during the anniversary celebrations.

Upcoming events

Thursday, October 25, 2 pm—Piano music by the Reimans. Forum.

Friday, October 26, 2 pm—A Haunted High Tea. Forum.

Ideal dining experience—a blend of many ingredients

by Marge Coalman, EdD

—Vice President of Wellness & Programs, Touchmark

It has been a long time since North Americans were dependent on the fall harvest for provisions through the long winter months. Today, almost all food is available—for a price—during any season of the year. We have the convenience of 24-hour supermarkets and store-to-door delivery options. Increasingly, there is a growing emphasis on and availability of organically grown foods. Furthermore, we now know about “superfoods,” such as blueberries, broccoli, salmon, and spinach that provide even more nutrients per serving than the traditional food pyramid recommendations.

Yet, we continue to have an obesity epidemic.

Startling data on the numbers of people in all age groups who are “morbidly obese” have spurred ever-growing numbers of ads for invasive surgeries and other high-risk interventions to try and control weight and reduce the risk of diabetes, kidney failure, high blood pressure, cancer, and other health risks associated with excessive body weight. Once again, advertisers are promoting reactive health care rather than proactive prevention.

In an effort to get things back to a more common-sense approach, the World Health Organization, Health Canada, and the American Dietetic Association are working together to support food-based dietary guidelines that make sense to people and take into consideration cultural, social, and personal preferences. Eating is and always has been a celebratory event for those who have access to food. The dining experience is a combination of environment, stimulation of the senses, companionable diners, and dedicated time to enjoy food. Good choices, the right balance of food selections, serving sizes, and total caloric consumption also need to be taken into consideration.

Waterford supports healthful eating with menus based on the latest nutritional guidelines available for adults over 50. Just as important is the emphasis on the social elements and ambiance of the dining experience. We welcome suggestions about educational offerings on nutrition, Life Enrichment/Wellness events with food and beverages, and the social experience of dining. To share your ideas, please contact Life Enrichment/Wellness Director Susan Hill. Good food, good health, good company, and good conversation are the goals of the Waterford dining experience.

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Take advantage of amenities and services

A recent study by the U.S. Bureau of Labor Statistics found that older adults spend anywhere from 1.9 to 4.5 hours a day on household work, depending on age and employment. At the minimum of two hours per day, a person could spend approximately 14 hours per week on housework. Are you spending time on housework instead of enjoying activities and people?

Take advantage of amenities and services at Waterford and discover more time for the people and activities you love. Let Waterford staff care for your home. Spend time savoring your meal instead of cooking and cleaning. Take advantage of a dynamic Life Enrichment/Wellness program, scheduled transportation, and housekeeping.

Waterford is highlighting a one-bedroom condo-style home on the first floor, which includes utilities, basic extended cable TV, weekly housekeeping, scheduled transportation, access to a vibrant Life Enrichment/Wellness program, and a meal plan (continental breakfast each morning and 30 meals per month).



This scenic view is visible from condo-style home 110, which Waterford is showcasing this month. Call today to learn more!

This home is available for immediate occupancy. To learn more, call 406-449-4900, or if you're interested in a cottage home, call and join the waiting list.

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What others are saying

"I was born and raised in Butte, Montana, and graduated from Butte High School. I attended the School of Mines for two years and then The University of Montana in Bozeman for four years. I worked for close to 40 years for the state of Montana and was married 25 years. After my husband passed away, I chose Waterford for my new home. Living at Waterford is like living in an elegant castle. I really like the meals, and everyone is so helpful. My family encourages me to attend all of the great activities offered. I really appreciate all of the services and amenities here."



Carolyn Bryant
—Resident

Carolyn Bryant

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Residents cruise to British Columbia

Recently, a group of 16 residents and staff cruised on the Celebrity Cruises Mercury, a ship which holds 1,886 people, is 866 feet long, and travels as fast as 21.5 knots (or 23-plus miles per hour).

The group boarded in The Emerald City (Seattle, Washington) and traveled to the frontier town of Nanaimo, British Columbia, and then to Victoria, British Columbia.

Many took part in interesting shore excursions, such as the trips to the Cherry Point Vineyards and Hillary's Pointe Cheese Farm.

“We enjoyed delectable foods—from lobster to baked Alaska,” says Life Enrichment/Wellness Director Susan Hill, who accompanied the group along with Life Enrichment/Wellness Assistant Marguerite Rylander. “There was a midnight buffet, complete with beautiful ice sculptures. Everyone agreed the cruise was truly memorable.”



A view from the ship



From left: Life Enrichment/Wellness Assistant Marguerite Rylander, resident Joe Orahoske, Life Enrichment/Wellness Director Susan Hill.



Nellie Johnson (left) and daughter Nancy Bodmer

Can people control their moods?

“What would you pay or do to be happy?” asks Marge Coalman, EdD, in the lead to her article just published in *The Journal on Active Aging* (Vol. 6, No. 4). The article—“Positive psychology: a new way to support wellness in older adults?”—cites current research that suggests many individuals have the ability to change a negative outlook to a positive perspective.

Marge provides an overview of “happiness exercises” that have been used by researchers as well as a table of six virtues and 24 character strengths that play a role in one’s “whole-person wellness.”

An entire page is devoted to highlighting Touchmark’s Full Life Wellness & Life Enrichment Program. Subtitled “Incorporating positive psychology into an older-adult wellness program: the Touchmark example,” the page discusses Touchmark’s various components. “The Touchmark program is designed to assure residents connect and form relationships within their new ‘family of choice,’” points out Marge. “This connectivity is the key positive psychology element in the Full Life program.”

She adds, “Positive psychology interventions may offer a promising new way to improve the well-being of individuals.” To read Marge’s article, visit Touchmark.com/community-involvement.htm.

Stay healthy—avoid the flu

by Nona Phelps, RN
—Touchmark Nurse Consultant

When it comes to avoiding the flu, information is key to staying healthy. Here’s what you should know:

The facts about flu

The flu is caused by influenza viruses and differs from the common cold and the stomach flu, as it comes on suddenly with more dramatic symptoms. The flu (also known as influenza) results in a mild to severe illness and even can lead to death. Symptoms include fever, headache, dry cough, sore throat, runny or stuffy nose, muscle aches, nausea, and vomiting.

When a sick person coughs or sneezes, droplets carrying the influenza virus are dispersed into the air, infecting other people. It also is possible to pick up the flu by touching a contaminated surface and then touching the eyes or nose.

People are able to spread the flu one day before symptoms appear and five days after becoming ill—making it possible for people to spread the virus before realizing they are sick.

Stay healthy

The best way to prevent the flu is by getting a flu vaccination each year—especially those who are at high risk for serious flu complications and those who live with or care for these people.

There are two types of vaccines:

- The flu shot—an inactivated vaccine (containing killed virus) that is given with a needle.
- The nasal-spray flu vaccine—a vaccine made with live, weakened flu viruses that do not cause the flu.

About two weeks after vaccination, antibodies develop that protect against infection.

Good health habits can help reduce the likelihood of getting the flu. Avoid close contact with those who have the flu, stay home when sick, cover nose and mouth, wash hands, and avoid touching eyes, nose, or mouth.

If you have questions about whether you should get a flu vaccine, consult your health care provider. Many health care plans pay for flu vaccinations. Contact your health care representative for more details. For a three-page handout with more information, visit Touchmark.com.

Nona used information from the Centers for Disease Control and Public Health Agency of Canada to develop this article.

Homecoming

by Sylvia O'Dell
—Resident

I've lived on the plains and the prairies,
In cities both large and small.
I've joyed in good friends and outlived them -
Made new friends along the way,
Known true love and hurt at its dying
And loved again—all for naught.
Now age is my only companion
And I am content with that.
I've learned nothing in life is a constant -
Nor needs to be, so long as the hills
Stand tall and unchanged 'gainst the sky.
And when I can no longer climb them
They'll still stand serene, in my sight.
I am at home in the mountains
Immutable, strong, and at peace.

For November, please submit a story and photo that conveys giving/sharing. Deadline for this issue is October 26. For a list of the guidelines, monthly themes, and deadlines, please contact Life Enrichment/Wellness Director Susan Hill.

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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 October is a poem about harvest/life wisdom.

