



A Touchmark® community
Est. 1980



Giving and sharing

by Marge Coalman, EdD

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Most people have sacrificed their own desires to help or support those in need. This was an international phenomenon following the tsunami in Indonesia and Katrina crisis in New Orleans. Churches, towns, nonprofit and for-profit organizations, groups, and individuals sent funds. Physicians and nurses left their communities to volunteer. The awareness of how fortunate most of us are to have a

“Sharing is sometimes more demanding than giving.”

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—Mary Catherine Bateson

home, bed, electricity, food, and shelter rekindled our gratitude for the things we so often take for granted.

The experience of sharing takes on a more personal definition when the donation is time and talent that results in creating relationships. Hardworking, dedicated volunteers are the core of needed—sometimes invisible—services that make life work for millions of people with limited support from family, friends, or neighbors. These volunteers deliver meals to older adults isolated in their homes, visit schools weekly to read with a challenged learner, and serve meals regularly to people living in homeless shelters. Unlike writing a check, this kind of gift takes a *consistent*, personal commitment to prioritize the needs of others over our own.

As we approach the season of giving with a heightened awareness of the vast needs around us, both local and national, it is an ideal time to take a personal inventory

of the talents, skills, knowledge, and love we can make available to others. Sharing on an ongoing basis is more demanding and challenging than the one-time annual gift or the weekly donation to our place of worship.

Touchmark offers many opportunities for residents, staff, and families to participate in volunteer programs and services within our community as well as with our neighbors and organizations. There are also opportunities for volunteers from the area to participate in programs and services planned and scheduled in the Life Enrichment/Wellness program. To become a volunteer, visit our Web site (Touchmark.com/volunteer-opportunity.htm) or give us a call to find out what opportunities are available that make a difference in the quality of life—for both the givers and receivers.

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Celebrate the holiday season in your new home

Find more time for loved ones and important activities as Waterford staff provide you with exceptional service. Waterford offers a variety of amenities and services to fit your needs, such as caring for your home’s indoor and outdoor maintenance.

You can take advantage of the scheduled transportation and avoid winter driving or use the private dining room to host a holiday meal.

Avoid the holiday stress, and instead spend your time making memories with friends and family.

This month, Waterford is showcasing studio 259, which offers assisted living services for those who need extra support. The 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.



You can take in the nearby scenic mountain range from this available apartment home.

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Ghosts and goblins visit Waterford



The ghosts and goblins were everywhere at Waterford's Haunted Halloween Party. More than 80 residents chomped on "bat wings," "goblin dip," "meatball eyeballs," and other treats.



Milton and Käthe Crum were wizards, placing second in the costume contest.



Lilly Decker dressed as a scarecrow and won first place in the costume contest.

Upcoming event

Thursday, November 22, noon—Thanksgiving dinner. Residents and guests will enjoy roasted turkey, mashed potatoes, gravy, pumpkin pie, and more.

Thursday, November 29, 9:15 am—The Festival of Trees at The Helena Civic Center.

