

# News wrapped in fresh format


Happy holidays and seasons greetings from Waterford! During this last month of the year that is packed with new gifts, we're introducing a new look for the newsletter. You'll find many of the same features you've enjoyed and come to expect—but packaged in a new, fresher design. Read through the newsletter, look at the fun pictures, and stop by and visit. We'd like to hear what you think of our updated look.

Feedback is very important to us. Each year, Waterford surveys residents, seeking their opinions about the building, food service, Life Enrichment/Wellness activities, staff, and other services. We review each survey, analyze the total results, and follow up on areas that need attention. The results are shared with the Resident Council and available for all residents to see. We just completed this year's survey, and we thank everyone who participated for their comments.

Whatever the time of year, we welcome your feedback.



Warmly,



**Merry Lunde**

Executive Director

## Residents contribute to museum exhibit

The ExplorationWorks Museum recently opened in downtown Helena and includes permanent and traveling exhibits that offers educational programs for children and adults.



**Your Healer Within exhibit and movie at the new ExplorationWorks Museum (pictured) includes interviews of Waterford residents.**

CommunityWorks, Inc., which constructed the 14,000-square-foot museum, describes it as “an innovative, hands-on museum of science and culture.”

With the museum's opening, the traveling exhibit *Your Healer Within* came to Helena. Created by the Kirksville College of Osteopathic Medicine, the exhibit explores the importance and power of self-directed wellness and health.

**On Wednesday, December 12**, a group from Waterford will tour the museum and view the movie, which includes interviews of some Waterford residents.

Dorothy Randall, who lives independently and turned 99 this summer, participated in an interview for the movie.

“They asked me several questions about how I stay healthy and strong,” says Dorothy.

Dorothy and others shared what motto or belief they live by and what they do to stay physically and mentally healthy. *(cont.)*

(cont.) Your Healer Within exhibit will be at The ExplorationWorks Museum through January 2008. ■



Dorothy Randall, who turned 99 this summer, participated in an interview for the *Your Healer Within* movie and shared some of her insight about staying healthy and strong.

## Coming Events

**Wednesday, Dec. 12, 1:15 pm**  
Tour of ExplorationWorks Museum.

**Thursday, Dec. 13, 2 pm**  
Christmas and holiday presentation by Ellen Baumler of the Montana Historical Society. Forum.

**Monday, Dec. 31, 4 pm**  
New Year's Eve Party. Lobby.

## Holiday meals without the hassle

Do you enjoy spending time with friends and family over a delicious holiday meal?

When you're part of the Waterford community, you can take advantage of Waterford's catering and private dining room and avoid the hassle of preparing food and cleaning—both before and after your family gathering. Waterford staff can help you design a memorable menu for your family dinners and holiday celebrations.

Call 406-449-4900 to learn more about the private dining room, catering, and the many amenities and services at Waterford.

Waterford is showcasing apartment 221. This one-bedroom, 904-square-foot home includes a den and one bathroom. As a member of the Waterford community, you'll have access to the Life Enrichment/Wellness program, and you can enjoy the company of friendly neighbors. ■



For your personal presentation of home 221, call 406-449-4900, or if you're interested in a cottage home, call and join the waiting list.

## Celebrate the spirit



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

Celebrating the spirit is an individual experience for each one of us. However, there are universal themes that bring people together, lead to positive change, and make a difference to all of us and the planet. Reading the biographies of some of the greatest changemakers provides a road map to qualities and practices that have had a lasting effect on the greater good of all. What so many of these heroes have in common is not wealth, charisma, or even opportunity. The common character traits are unselfishness, determination, gratitude, perseverance, and dedication.

Wisdom is also a trait held in common, and wisdom requires both age and experience. The elders in cultures around the world are the wisdom keepers, as noted by the tradition of the American Indians in their legends and spiritual practices. In our culture today, we frequently lose sight of the value of the opinions and experiences of the wisdom keepers as we get caught up in the notion of youth and vitality being the keys to a happy life and success.

Hundreds of wisdom keepers—individuals who have both life experience and wisdom to share—live in

*I seek to celebrate my spirit through gratitude and humility, which leads me to joy. ... Joy leads me back to myself, filling my heart, which overflows to others, thus completing the circle of life."*

—Aimea Saul, artist

Touchmark communities. As we enter the season of winter solstice, we want to celebrate the spirit of all with music, food, and festivities. We also need to observe quiet, contemplative times that nurture the spirit—individually and with those we love and care about.

At Waterford, we invite and encourage people to share the abundance of their wisdom and experience through our Life Enrichment/Wellness program. Contact Director of Life Enrichment/Wellness Susan Hill to become an active changemaker and contributor to the circle of life.

## Recent activities



The Dining Services staff get into the spirit during a recent birthday night and sing happy birthday to residents.



People enjoy a tasty birthday dinner.

## 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.*

### Caring and Sharing

By **Käthe and Milton Crum**, Resident

**COMING TO WATERFORD** was a move from a cozy home with familiar friends into a huge building inhabited by strangers. Our standard welcome was nice, but the quiet, personal, and friendly way that we were welcomed by Phyllis Williams did more to make us feel that Waterford could be both home and family for us. Phyllis remembered her feelings when she moved in and how much she appreciated a resident reaching out to her, so she did the same for us almost every day.

It'd be easy to forget how it was then and ignore new residents. Or we can remember what Phyllis meant to us. We can introduce ourselves and make friends with residents to whom we are strangers.

In so doing, we and they can feel more at home and less lonely, even in this very large building that is home to so many people.

*For a list of the guidelines, monthly themes, and deadlines, please contact Life Enrichment/Wellness Director Susan Hill.*



**Käthe and Milton Crum and their dog Jake**