



A Touchmark® community  
Est. 1980

# Waterford supports those in need

## Feeding the hungry

Every year, the Waterford community gives food boxes to local people in need, and this year, staff and residents gathered food for the local food bank, Helena Food Share. The food bank aims to “eliminate hunger in the Helena area.”

The Holiday Food Box project is a collaborative effort of Touchmark communities and the Touchmark Foundation to respond to hunger among seniors and families. Ten years ago, Touchmark founder Werner G. Nistler, Jr. replaced the classic office holiday party with a food packing party. Over the years, the Holiday Food Box project has delivered thousands of food boxes

to seniors and families in need. Last year, over 700 households received boxes of nutritious food through the effort of Touchmark communities in the US and Canada.

## Helping women and children in need

Waterford staff cooked Christmas dinner and brought gifts for women and children at The Friendship Center. Residents gave a cash donation to help with the purchase of personal items. This local shelter offers housing, food, counseling, and more to women and children who have experienced abuse. “We really wanted to bless others during this season and bring them hope and joy,” says Executive Director Merry Lunde.

## Supporting the troops

Waterford gave donations of needed items and cash to support the nonprofit organization Montana Supporting Soldiers. The group started in 2003, and this year more than 300 soldiers received packages through its efforts.

## Giving toys to children

Waterford residents and staff collected and donated toys for small children. Residents and staff donated the toys to the U.S. Marine Corps Reserve Toys for Tots Program, which provides small children in need with toys during the holidays. ■



Waterford Community Relations Director Lorri Mullen delivers gifts to The Friendship Center.

## The mind-body connection affirmed

*“When we first started presenting our findings, people laughed at us. Mainstream scientists, who have a tendency to look at anything new as kooky alternative medicine, wondered why we couldn’t just stick with traditional research.”*

—Neurobiologist David Felten, Rochester Review

Award-winning researcher David Felten just set out to prove that our grandmothers were right. “Our grandmothers knew all along that our minds and bodies were (*cont.*)

(cont.) connected, even if the scientific community didn't. We've simply provided irrefutable data showing that it is true."

Felten's field of study is Psychoneuroimmunology (mercifully shortened to PNI) research. Eighteen years ago, he and his team discovered for the first time the evidence of a hard-wired connection between the body's immune system and the central nervous system of the brain. From then until now the research has grown and received scientific and mainstream acclaim as the pursuit to strengthen the body's resistance to illness and disease continues.

What does this mean to the average person? It means that purposeful exercise, nutrition, and lifestyle choices can help mitigate the chronic stress so abundant in our 24-hour world, which causes immune system dysfunction and increases susceptibility to illness and infection. The prescription from the American Academy of Family physicians is not to 'just participate' in aerobic, strength training, flexibility and balance regimens with the right frequency (at least 30 minutes most days of the week) but to participate with our *whole body*, including our mind and spirit.

Exercise—like dining—should be a celebration of the spirit that leads to increased energy, optimal body weight, and improved sleep and rest cycles. Instead of taking a pill, a dose of mind-body movement is recommended.



At Waterford, our focus for January is *Experience Wellness*. The staff are participating in a total team effort to encourage one another and residents to be partners in wellness in choosing the Life Enrichment/Wellness offerings that will help support these goals. To obtain assistance and guidance for your personal wellness program contact Director of Life Enrichment/Wellness Susan Hill. ■

## Fitness—a way of life at Waterford

Ask a fitness expert about the benefits of exercise, and you'll receive a plethora of information confirming that fitness equals enhanced well-being. You can strengthen your heart and other muscles. You can improve your balance and maintain a healthy

weight. What's more, you can socialize with friends while working out.

Waterford's Life Enrichment/Wellness program offers classes to enrich people's life, including a new Posture and Balance class being introduced during the first quarter of 2008. Staff can work with individuals to create a personalized fitness program. Part of an initial assessment includes use of a new Web-based tool approved by numerous professional organizations, including the American College of Sports Medicine, Centers for Disease Control and Prevention, National Council on Aging, and The Canadian Centre for Activity and Aging.

The Easy Exercise and Screening for You tool ([www.easyforyou.info/index.asp](http://www.easyforyou.info/index.asp)) can help people decide if they're ready to start an exercise program or should first consult with their health care provider.

To learn more about the many Waterford services and amenities, visit or call today. ■



**Take in the beautiful view of the Helena Valley and Big Belt Mountains from apartment home 218, which has 609 square feet, one bedroom, and one bathroom. Call today for your tour or join the waiting list for a cottage home.**

## Destination ... Discovery



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

*“If I can keep discovering things in my old age, I think you go on forever ... and I am discovering new things all the time.”*

*—Ann Davlin, dancer at 93 years of age*

This year, all Touchmark communities will focus on Destination ... Discovery. It sounds terrific, but what does it mean? For all of the dedicated staff, it means a renewal of our efforts to help every resident find that unique experience, opportunity, or challenge that will lead to new learning, meaningful relationships, and enhanced satisfaction.

Previously in this column, I've referred to the interviews I conduct in my travels to Touchmark communities. I ask residents what the most important elements of their lifestyle are since moving into the community. The answers vary, but here are two common comments.

“I didn't realize how lonely and isolated I had become until I moved in and started participating in the activities and events. I made new friends and found others that I had known over the years but lost track of.” This particular conversation highlighted one of the most important and concerning aspects of living alone in our older years. Although active, this person recounted the challenge of keeping social contacts and dining with friends as being more and more challenging as skills in driving declined. With family members in other states, the opportunity for special connections was limited. Now, this person's days are highlighted by friends, event choices, transportation to shopping and

other opportunities, along with private moments in the apartment home.

“There are so many things to do all the time; it's hard to choose one.” It is hard to make choices when there are many things competing for our time and participation. The Life Enrichment/Wellness program is developed recognizing that there is a lot of diversity in interests as well as preferences in times, days, and locations.

A great deal of planning, time, and consideration are spent developing Waterford's various events and offerings. To support your development of new “destinations of discovery,” contact Director of Life Enrichment/Wellness Susan Hill

May 2008 bring you good health and much happiness. ■

### Coming Events

**Wednesday, Jan. 16, 11 am to 1:30 pm**  
The Parkinson support group meets in the Forum.

**Friday, Jan. 25, 10 am to 3 pm**  
Waterford Annual Resident Craft Show.  
Forum.

Coming soon! New Balance & Posture Class.

## Waterford celebrates the holidays



The Brennan Family performs, bringing a selection of fun, festive music to the Waterford community.



The Waterford Hobby Club created ornaments and decorated a tree in the Forum. Milli Wilde (from left), Opal Buchanan, Rosemary Paul, and Kay Morgan stand next to the tree.



Residents select some treats from a spread of wine and cheese before listening to the Brennan Family entertain with music. From left: Margaret Alm, Vera Stamy, George Snyder, Margaret Snyder, Barbara Hunter, and Milli Wilde.



Roy Wahl and Forrest Jackson (pictured on left) enjoy dinner from the Jade Garden, a popular local Chinese restaurant. Ruth Larson and Harry Smith (pictured on right) also attend the delectable dinner.

