

Gone fishin'

A reporter from the *Helena Independent Record* accompanied Waterford men on a recent fishing trip. Capturing the day's events, the reporter told the story in *A good old-fashioned fishing trip*.

Marguerite Rylander, director of Life Enrichment/Wellness, planned the event with the help of Capital Sports & Western. "I wanted to add more 'manly' activities to the Life Enrichment/Wellness offerings," she says. More than 15 men participated in the trip to Canyon Ferry Reservoir.

KTVH news also stopped by the lake to capture video highlights of the fishing trip.

To learn more about upcoming men's events, talk with Marguerite. To read the complete *Helena Independent Record* story, visit www.helenair.com. ■



Harry Buchanan (left) and Ed Beall, owner of Capital Sports & Western, soak in the sun while fishing at the Canyon Ferry Reservoir. Ed furnished the fishing gear and brought along some Capital Sports staff members, who shared their fishing expertise.



Life Enrichment/Wellness Director Marguerite Rylander helps Roy Wahl situate his fishing pole while he takes a lunch break.

(cont.)



Joe Glass shows off his catch.

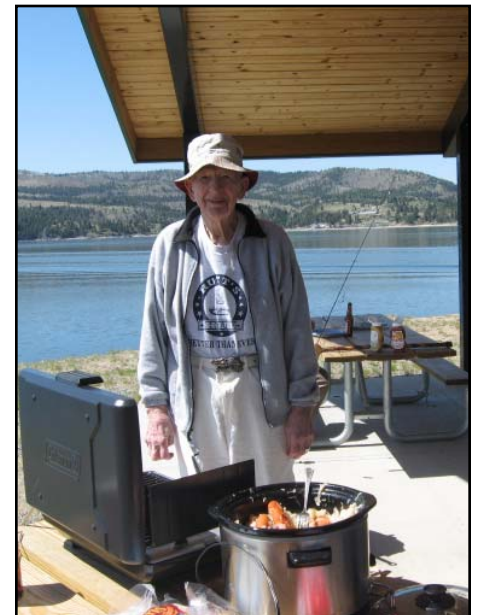
(cont.)



The expansive Canyon Ferry Reservoir covers 25 miles and offers a variety of outdoor recreational activities, including year-round fishing.



Josh Hines (background), husband of Waterford Assisted Living Administrative Assistant Jennifer Hines, holds the colorful fish that Fitz Weed just captured.



Joe Orahoske, who once served as an Army mess sergeant, cooked lunch for the group.

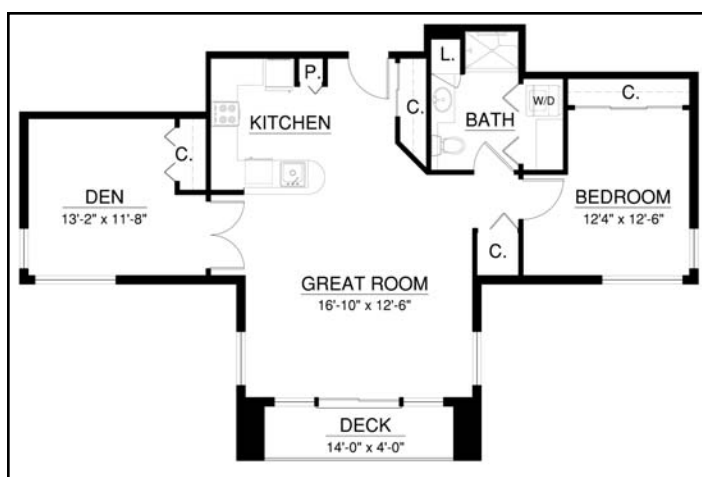
Choosing how you spend your time

June ushers in the summer season, and for many, this month marks the beginning of a yard-work and home-maintenance marathon. This isn't the case for the men and women who have made Waterford their home.

Kendra West, a resident of Touchmark at Mt. Bachelor Village in Bend, Oregon, summarized her delight at choosing how she spends her days. "The thing that really has changed is I have more time to relax. I have more time to walk down to the river and fish. I have more time to read. And that's what I really enjoy at this point. I am still active, but I am giving myself more time to do other things instead of mowing the lawn, and working in the yard, and things like that."

Instead of spending time maintaining the yard or house, consider a lifestyle that frees you to pursue your dreams, invest in hobbies, spend time with friends, volunteer and make a difference in others' lives, and travel. At Waterford, attentive staff take care of the exterior and interior maintenance, so you can enjoy the pleasure of independence.

Call 406-449-4900 today to learn more. ■



Enjoy the Waterford lifestyle in this lovely 945-square-foot apartment, which features one of the most spectacular views of the Helena Valley and Big Belt Mountains. Call today to join the cottage waiting list or for a personal tour of this apartment.

Defining leisure



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

It may be hard to realize the importance of leisure as one of the personal drivers that defines whole-person wellness for an individual, but the value of this key component is distinct. Both in the research and in the lives of people who are dedicating time and attention to the pursuit of their "personal" definition of leisure, there is a life satisfaction benefit that is unlike any other.

While people describe their individual pursuits of leisure differently, all events and interests hold one attribute in common. Comments collected from interviews with colleagues, friends, and others include:

- "Uninterrupted time to read a book/newspaper/magazine in the comfort of my favorite chair."
- "Rising early to stand in the meadow and bird-watch with other devoted birders."
- "Going on a cruise."
- "Writing [my prose/poetry/journal]."
- "Traveling to a destination that I have longed to see or revisit."
- "Baking with my grandchildren and their friends."

"He enjoys true leisure who has time to improve his soul's estate."

—Henry David Thoreau, *journal entry, February 11, 1840*

The one attribute in common? All of the responses reflect a personal journey to pleasure, memories, and fulfillment. These are the moments we all remember and revisit when the pressures and challenges of the normal routine crowd in on well-being and create tension and fatigue.

To find out more about the pursuit of leisure (*cont.*)

(cont.) through life enrichment and wellness program offerings and events at Waterford, contact Marguerite Rylander, director of Life Enrichment/Wellness. We invite you to spend time “to improve [your] soul’s estate.” ■

Celebrating moms, daughters, and sisters

More than 55 women gathered for the mother-daughter tea that offered a taste of Victorian times.

Linen draped over the colorful, hand-embroidered tablecloths. Framed antique baby christening dresses hung from the walls, and beautiful china teacups and pots dotted each table. Many of the decorative pieces came from Life Enrichment/Wellness Assistant Erika Mendez’s vintage memorabilia collection.

The Dining Services team made a special raspberry cake with fresh raspberries, and each person received a pink carnation. Pianist Nadine Copely and Waterford’s own “Frank Sinatra” (Administrative Assistant Brian Johnson) entertained the group. ■



Brian Johnson, Waterford administrative assistant, leads the group in singing.



Mary Beneventi (right) and daughter Gina enjoy a quiet moment at the mother-daughter tea.

Coming Events

Monday, June 16, 4:30 pm

Mystery Dinner. Please sign up at front desk.

Friday, June 27, 2 pm

High Tea. Forum.

Monday, June 30, 11:15 am

Bus leaves for lunch at the York Bar. Please sign up.