



A Touchmark® community  
Est. 1980

# Residents participate on newspaper's selection panel for Father of the Year

Each year, the local paper, *Helena Independent Record*, invites people to enter their fathers into the Father of the Year contest.

“A representative from the paper called and asked if some residents would like to judge the entries,”

explains Executive Director Merry Lunde.

Fritz Weed, John Delano, Joe Orahoske, and Paul Kleffner agreed to judge the submissions. The men debated each entry, and after a thorough conversation, they

selected Brian Pierce as Helena's 2008 Father of the Year.

If you'd like to read all the Father of the Year submissions, visit [Helenair.com](http://Helenair.com). ■

## The greater good of all



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

**“Jack Lucas, a North Carolina native who at 14 lied his way into military service during the Second World War and became the youngest U.S. Marine to receive the Medal of Honour, has died. He was 80.”**

—*Globe and Mail, June 9, 2008*

This media story goes on to say that Lucas was six days past his 17th birthday in February 1945 when his heroism at Iwo Jima earned him the highest military honor. He used his body to shield three squad members from two grenades and nearly died when one exploded.

Across the United States and in Canada throughout

the year, we honor veterans—and active military personnel—who put themselves in harm's way to guarantee our freedom and democracy. Offering oneself in service for the greater good of all is a value everyone can support, regardless of individual political opinions and feelings about wars past and present.

The voices of men and women who served overseas and at home during World War II have been collected in *(cont.)*



**In an act of generosity and benevolence on their part, residents stipulated that proceeds of this book benefit the Touchmark Foundation, a public charity devoted to finding ways to help seniors receive help and support, such as providing scholarships for nursing students. The book (\$29) can be ordered by calling (405) 340-1975 to request an order form.**

(cont.) a book brought to publication by Leaman and Judith Harris, residents of Touchmark at Coffee Creek in Edmond, Oklahoma. What started as oral storytelling in the community recreation room (named “the bunker” by residents, who have decorated the room with memorabilia from all branches of the Armed Forces) became a book. Titled *As We Lived It*, this hard-cover book is a collection of personal stories and historical photos. Six of the 18 stories are by women on the home front. According to the Harris, *As We Lived It* isn’t just a war story. Rather, it’s about life during the war years.

At Waterford on South Hill in Spokane, Wash., residents recently donated \$1,115 to the Fairchild Air Force base. The money will purchase overseas long-distance calling cards, allowing Spokane men and women serving in Iraq to talk with their families. This is the fourth year the residents have supported this project with their personal donations.

Many programs at Touchmark communities support the whole-person wellness concept of “giving back” or community outreach. They all share a main attribute—the philosophy of *the greater good of all*. To learn more about opportunities to reach out to others, contact Life Enrichment/Wellness Director Marguerite Rylander. ■

## Share celebrations in a vibrant community

Summertime presents several celebratory occasions, as family and friends gather for barbecues, hikes, and patriotic parties. During these social gatherings,

friendships and memories grow and thrive.

At Waterford, socialization is a key component of daily life and the Life Enrichment/Wellness program, which encourages—and supports—people to live happier, healthier lifestyles by becoming personally involved and engaged. Through partnering with Waterford, people take “ownership” of their own well-being, which includes having numerous opportunities to create and nurture friendships.

Do you envision sharing this summer’s celebrations with friends? Visit Waterford today to learn more about this vibrant community or call 406-449-4900 to learn more about the summer’s featured homes. ■



Located in the main building, a 904-square-foot apartment is currently available. The apartment features a comfortable living space with one bedroom and a large den. To tour this apartment or to join the waiting list for a cottage home, call 406-449-4900.

## Mark your calendar for Active Aging Week

Organized by the International Council on Active Aging, this national

health promotion event helps advance active, healthy aging. The annual event is held Sept. 22 to Sept. 28.

Watch future newsletters for coming details about Waterford’s Active Aging Week celebration. ■



## National wellness instructor to lead training workshops

Rob Winningham, PhD, will lead Cognitive Training Workshops for Life Enrichment/Wellness directors and coordinators and invited guests.

In August, Rob will present in Fargo, North Dakota, and then in September, he will offer the same training in Spokane, Washington. Attendees who participate in the total training hours and pass the exam will be certified as Geriatric Wellness Instructors for a period of two years.

“These training sessions are a continuation of our mission—to enrich people’s lives,” says Touchmark Vice President of Wellness & Programs Marge Coalman, EdD. “Team members can gain specialized training and enrichment and, in turn, they can build up others.”



For Father’s Day, the culinary staff prepared a delicious barbecue, featuring grilled rib eye, pulled-pork sandwiches, marinated chicken, beer, and hot-fudge sundaes.

## Recent events



After the Canyon Ferry Reservoir fishing trip earlier this summer, the Waterford men gathered for another “manly” event, a father-son pizza and beer lunch. Waterford Executive Chef Adam Mendez prepared six varieties of fresh-baked pizza for the crowd.



More than 190 people gathered for Father’s Day.

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Members of the musical group Not Quite Ripe perform for the Waterford community.



Waterford recently acted as an official polling place for Lewis & Clark County. Members of the international press convoy stop at Waterford to talk with volunteers and voters.

## Coming Events

### Wednesday, July 9, 4 pm

Dorothy Randall's 100th birthday celebration. There will be a special dinner menu and entertainment.

### Friday, July 11, 10 am

Learn about Helena's historic past on the Last Chance Tour Train.

### Saturday, July 12, 6:45 pm

Celebrate Ruth Thompson's 90th birthday. Forum.

### Monday, July 14, 6 pm

Men's Group outing at Helena Brewers baseball game. Meet in the lobby at 6 pm.

### Thursday, July 17, 6:30 pm

Birthday night. Gary Blom will perform. Forum.

### Saturday, July 19, 2 pm

Celebrate Lilly Decker's 90th birthday. Forum.

### Saturday, July 19, 7:45 pm

Bus leaves for Helena Symphony and Chorale performance of *Summer Symphony Under the Stars* at Carroll College.

### Thursday, July 24, noon

Men's Beer and Pizza Lunch. Forum.

### Thursday, July 31, 2:30 pm

Ladies' Summer Refresher Party. Enjoy Southern Mint Juleps on the patio.