

Dorothy Randall celebrates 100 years

Celebrating her 100th birthday last month, Dorothy packed her special day full of fun memories. Helena's NBC television station, KTVH-12, covered Dorothy's big birthday bash at Waterford, and her interview appeared on the 6 and 10 o'clock news that evening.

During the interview, Dorothy attributed her longevity to her mother. "Well, I think I can thank my mother for that, because she lived to be 102. I'm right in her tracks. She wasn't sick. I'm not sick ... Apparently it was inherited."

Dorothy is among one of the fastest-growing demographic segments worldwide, with the United States leading all countries in the number of centenarians. It's expected the current number of approximately 100,000 will grow to nearly one million in the United States by 2050.

The birthday festivities began with a cocktail party, complete with appetizers and exquisite music by the Sagittarius Trio. The party continued with a celebratory toast from Montana Governor Brian Schweitzer and a delicious dinner. Following dinner, guests enjoyed entertainment by the Hopeful Troubadours. ■



Dorothy (left) greets Frances Hammill during her 100th birthday party.



Adding to the festive atmosphere, the Sagittarius Trio performs.



Montana Governor Brian Schweitzer gives a special birthday tribute to Dorothy.

(cont.)

(cont.)



Dorothy's birthday cake, made by family friend Darla Towers, offered tantalizing white chocolate buttercream frosting and lemon filling.



Dorothy (center) reads the proclamation given to her by Governor Brian Schweitzer with granddaughter Noriann (left) and daughter-in-law Julianne Randall.



Dorothy talks to guests on the patio before dinner.



A reporter from Helena's NBC station KTVH-12 interviews Dorothy about living a long, healthy life.

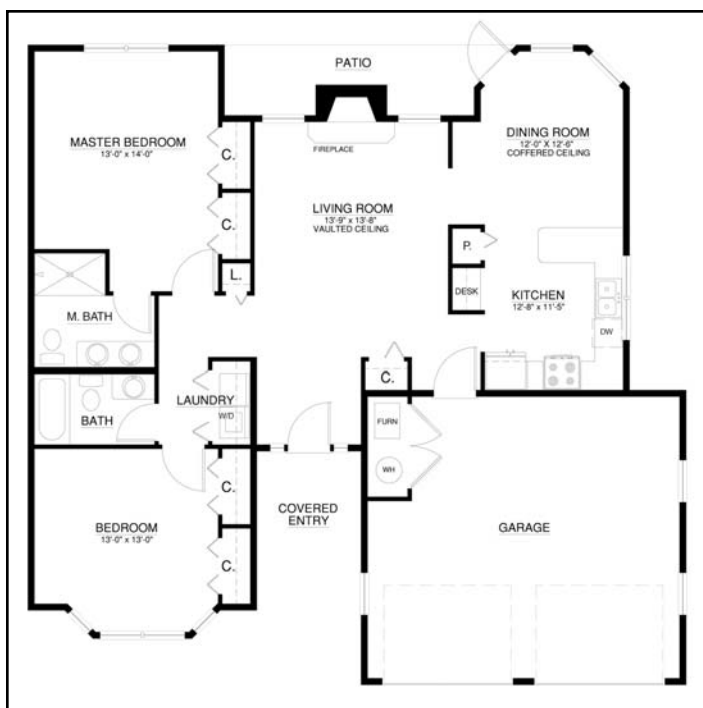
How does help with your housekeeping sound?

Living at Waterford enables people to pursue healthy life choices by shedding the responsibilities of home maintenance. In fact, according to the Agency for Healthcare Research and the Centers for Disease Control, older Americans have more to gain than younger people by becoming more active, because they are at a higher risk for health problems. (cont.)

(cont.) Waterford's maintenance-free homes offer housekeeping services. In addition, the lawns are mowed in warm weather and the snow is shoveled in winter. Plus, a variety of amenities and services, like scheduled transportation, are included.

At Waterford, people have the opportunity to fully embrace an active lifestyle. Visit Waterford or call 406-449-4900 today to learn more about this summer's featured homes.

Tour this cottage today



This 1,250-square-foot cottage home is located at 925 Saddle Drive. This home features two bedrooms and two bathrooms.

Enjoy the view from this apartment

Apartment number 306 offers 1,310 square feet, two bedrooms, and two bathrooms. The apartment features a spacious, comfortable living space with views of the Helena Valley and the Big Belt Mountains. Call 406-449-4900 for a personal presentation. ■

Living with intention



Marge Coalman, EdD

Vice President of Wellness & Programs,
Touchmark

Is the “science” of living with intention hocus-pocus, or does it make a difference in the quality of life to use focus, positive

Wherever You Go There You Are

—Jon Kabat-Zinn, PhD

thinking, and conscious change to create one's destiny? Actually, there is a large body of research that looks at the whole connection between purposeful living and a life that relies on chance, others, or circumstances.

Most of us know about the famous changemakers who chose mindful responses to life challenges—Gandhi, Buddha, Jesus, and other spiritual leaders. In 2008, however, the scientific community is looking at “ordinary” people and tracking their outcomes and experiences based on journals, interviews, and interactive technology to see what happens when they face crisis and chaos that comes from circumstances beyond their control.

The research group at Berkley, Tufts, John Hopkins, and the Mayo Clinics all agree that people can become more resilient, happy, and experience whole-person wellness as they age as a result of steering their own course through choices, changes, and intentional decision making. Lynne McTaggart, the author of *The Science of Intention* (Harper Paperbacks, 2003) writes about “harnessing the creative power of our thoughts” and has developed the curriculum for scientifically based training of academics and other health professionals to quantify and qualify the commonly held belief that we can experience happiness and satisfaction at a higher level by purposeful living.

At Waterford, the Life Enrichment/ (cont.)

(cont.) Wellness program focuses on providing social environments where residents, families, and staff can develop relationships and avocations that bring greater life satisfaction and fun. Ultimately, it is up to the individual to choose the activities, events, and relationships that lead to personal contentment and happiness. ■

Recent Events



As part of the festivities during the employee appreciation party, staff members participated in a version of the popular game show Deal or No Deal. From left: Dietary staff member Toni Boehm aims to win a prize, as Dietary staff member Adam Mendez Jr. and Life Enrichment/Wellness Director Marguerite Rylander assist game show host Pastor Lowell Bartels.



From left: Bernice Fletcher, Mary Liston, and Audrey Hood enjoy an afternoon of tea and pastries.



Erika Mendez, Life Enrichment/Wellness assistant, shows off a collection of artwork created by residents who live in the Assisted Living neighborhood. The artwork was entered in the local Lewis and Clark county fair.



Administrative Assistant Brian Johnson sings *Let There Be Peace on Earth* while the color guard raises the flag during a recent Fourth of July event.

Excerpts from *How to Maintain a Good Memory Ability with Advancing Age*



Rob Winningham, PhD, Associate Professor of Psychology at Western Oregon University

Rob Winningham, PhD, will lead Cognitive Training workshops for Touchmark/Waterford staff and invited guests at the Waterford communities in Fargo, North Dakota, in August and then again in September in Spokane, Washington. Following are excerpts from his article *How to Maintain a Good Memory Ability with Advancing Age*. To read the complete article, visit Touchmark.com/article/maintain-good-memory-in-old-age.htm.

- “The old adage ‘use it or lose it’ has been shown to be very accurate when it comes to maintaining memory and cognitive ability in older adulthood. Researchers are also finding evidence that other lifestyle variables such as nutrition, physical exercise, reducing stress, and getting adequate sleep are all associated with better memory ability and a reduced likelihood of developing dementia.”

- “Numerous studies have reported that older adults who engage in a greater number of cognitively stimulating activities are less likely to develop Alzheimer’s Disease.”

- “Other studies have found support for the ‘use it or lose it theory.’ For example, we know that the more time people spend engaged in educational pursuits, the less likely they are to develop dementia (Stern et al., 1992). People who know two or more languages develop Alzheimer’s, on average, over four years later in life than people who only know one language (Bialystock et al., 2007).”

- “People who walk or do other physical exercise on a regular basis are less likely to have memory problems,

and it increases people’s ability to pay attention (Colcombe & Kramer, 2003), which decreases as we age.” ■

You said it!

“My mother always said, ‘It was like living on a beautiful cruise ship that never leaves the port!’”

—**Pastor Lowell Bartels**, explaining what his late mother enjoyed about Waterford

Join Waterford for Active Aging Week

Sept 22 to Sept 28



LET YOUR SPIRIT SOAR

Writers, photographers, and poets live and work in Touchmark communities, some of their talent and creativity is featured in the newsletter.

Waterford and Me

By **Milton Crum**, Resident

There is hardly a day
when Waterford's way
is not the way I would do it ...
if I still did it!

But there is never a day
when Waterford's way
is not a good enough way
to do for me the chores
I no longer do ...

So, before I complain, I think again
about where and what I'd be
without the Waterford staff
doing all they do for me ...
even if it's not my way!

*September's focus is active living; the deadline is
August 20.*



**Milton Crum with his wife, Käthe,
and dog, Jake.**

Coming Events

Friday, August 22, 10:45 am

Bus leaves for tour of the historic Little Red Schoolhouse. Picnic lunch.

Tuesday, August 26, 11 am

Bus leaves for picnic at Kleffner Ranch.

Thursday, August 28, noon
Men's Beer and Pizza Lunch.

Friday, August 29, 2 pm
High Tea. Forum.