



A Touchmark® community
Est. 1980

Waterford adds water to Life Enrichment/Wellness program

Life Enrichment/Wellness Director Marguerite Rylander and her team are offering bimonthly trips to Helena's Broadwater Athletic Club and Hot Springs.

Starting in November, residents can join friends and neighbors for relaxation and fun at the club's pool. If residents are interested, they can sign up at the front desk or talk with Marguerite to learn more.

"A natural hot springs fills the club's outdoor pool with hot mineral water," says Marguerite. "When we went for a trial run a few weeks ago, everyone loved the water and the time to relax and socialize." ■



Residents relax in the pool at the Broadwater Athletic Club and Hot Springs. The pool is filled with water from a nearby natural hot springs. Pictured are Milton and Käthe Crum (in front) and Juanita Sandman.

Nutrition news—eat those blueberries



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

The medical research community has known for a long time that flavanoids have some kind of effect on memory, but until recently, researchers didn't know the potential mechanisms to account for the phenomenon. Matt Whiteman, PhD, a principal investigator at the Institute of Biomedical and Clinical Science, Peninsula Medical School,

worked with Dr. Jeremy Spencer on recent research and states, "This study not only adds science to the claim that blueberries are good for you, it also provides support to a diet-based approach that could potentially be used to increase memory capacity and performance in the future." Their work was published this year in the scientific journal *Free Radical Biology and Medicine*.

If whole foods—specifically fruits and vegetables with antioxidants—are the answer to combating damaging free radicals that cause brain cell death, what about supplements and food replacement products? The American Dietetic Association has reaffirmed the

principle of getting appropriate nutrients and vitamins from *(cont.)*

"Impaired or failing memory as we get older is one of life's major inconveniences. Scientists have known of the potential benefits of diets rich in fresh fruits for a long time."

—Jeremy Spencer, PhD, Professor of Molecular Nutrition, University of Reading

(cont.) whole-food sources whenever possible. It might be easier to buy a bottle of supplements or a “vitamin-rich” drink product, but it is best to avoid those options and go shopping on the perimeter of the local grocery store whenever possible.

For people with limitations that prevent biting, chewing, swallowing, and digesting whole foods, supplements are certainly a viable option. But the average adult should buy and eat whole foods whenever possible. Nutritionists concur that this applies to people over the whole lifespan—not just during the developmental years.

At Waterford, there are numerous opportunities to enjoy food and participate in social activities. For information on nutrition and dietary choices that support brain and heart health, talk to Waterford Life Enrichment/Wellness Director Marguerite Rylander or Executive Chef Adam Mendez. It's never too late to make good dietary choices that support active aging. ■

Assisted living remains an affordable care choice

According to the 2008 Long-Term Care Cost of Care research report issued by Prudential Financial, the average daily cost for assisted living is less than half the average daily cost for a private room in a nursing center. The study also reports that costs vary significantly by geographic area. For example, Alaska is the most expensive, while Las Vegas, Nevada, is the most affordable.

“This study underscores the important role assisted living services can play in the overall care of older adults,” says Touchmark Senior Vice President Brian Pryor, who oversees all of Touchmark’s care services, including assisted living. A complete copy of the report is available at www.prudential.com/media/managed/LTCCostStudy.pdf. ■

Recent events



Residents traveled to the historic silver mining town of Philipsburg for a tour, shopping, and lunch. The group stopped by a popular candy store, where they watched the staff make taffy by hand. Virginia Peterson enjoys ice cream from one of the downtown shops.



Art Merrick play cards with friends in the game room, which is always busy with people playing poker, dominos, cribbage, and various games.

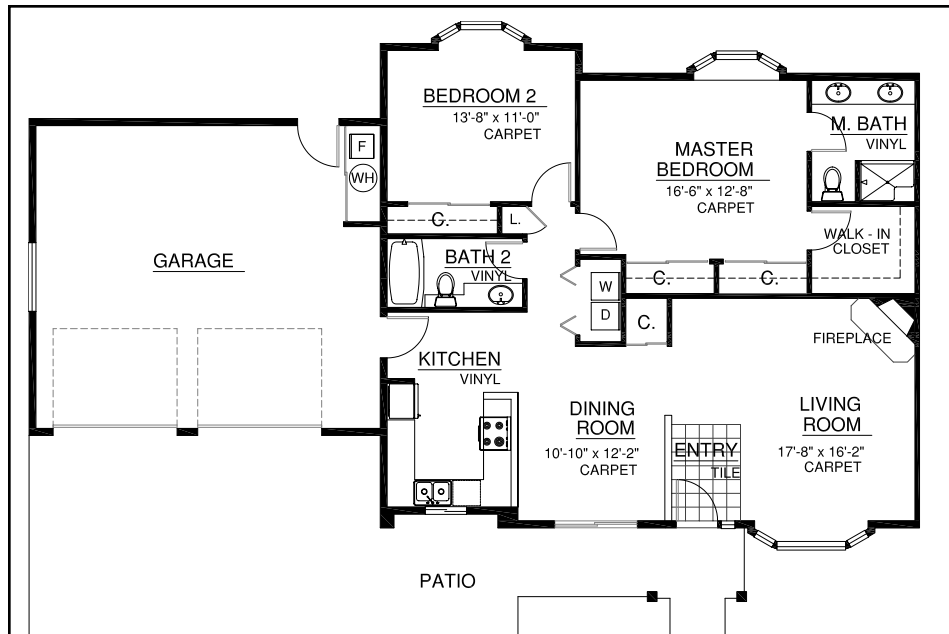
Enjoy the assurance of 24-hour help

“No matter what you need, there is help available. There is always someone to talk to. My daughter doesn’t have to worry about me anymore; I’m well cared for,” says Jackie Bartlett, who lives at Waterford on West Century in Bismarck, North Dakota.

Norma Duquaine, who lives at Touchmark on West Prospect in Appleton, Wisconsin, shares a similar outlook. “Since moving to Touchmark, I have felt more safe and secure. The staff is very helpful, and you can tell they enjoy working here,” says Norma.

Residents like Norma and Jackie enjoy the assurance of 24-hour help. If they have questions or need assistance, Waterford team members are available. Furthermore, each home is equipped with an emergency call system.

Come discover the convenience of 24-hour help. To learn more about the Waterford lifestyle—and the fall’s featured homes—call 406-449-4900 today. ■



This cottage home is located at 911 Saddle Drive and offers 1,340 square feet, two bedrooms, two bathrooms, and a two-car garage. Call today for a personal presentation.



Located in the main building, apartment 306 features two bedrooms, two bathrooms, new flooring, and a lovely northern view.

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.

Ah! Glorious fall!

By **Peter T. Knapp**, Resident

THERE ARE LITTLE HINTS, HERE AND THERE, TO SHOW US THAT THE MYSTICAL TIME WE CALL FALL IS UPON US. Fall is traditionally known as the harvest.

To the older population at Waterford, it is not a time of lamenting the loss of summer. It is a time to embrace the gloriousness of this season.

I have heard some saying that fall is depressing. Not so at Waterford. All that we have to do is read the many posters, bulletins, and notices to see how many events we have to enrich us, as part of our Life Enrichment/Wellness program. Residents know one important fact: one cannot help being old, but one can resist being aged.

Remember, an Arabic saying goes: “When you see an older person amiable, mild, equitable, content, and good-humored, you can be assured that in their youth they have been generous and forbearing. In the end, he or she does not lament the past, nor dread the future. He or she is like the evening of a fine day!”

November's focus is giving/sharing; the deadline is October 24.

Coming Events

Friday, Oct. 24, 10:45 am

Trip to Townsend for lunch and tour of Goose Bay Handblown Glass.

Saturday, Oct. 25, 10 am to noon

Boo Bash and Pumpkin Decorating Forum.

Friday, Oct. 31, 2 pm

Halloween party. Music by Not Quite Ripe. Dress up. Forum.

Read the Weekly Word and calendar for more events and trips.