



A Touchmark® community  
Est. 1980

# Community honors veterans

The room fell quiet and still as the film *Veterans' Reflections* played. The compelling video, produced by Helena Civic Television, features the testimonies and emotional memories of World War II veterans, all of whom are Waterford residents.

“Several family members attended the debut of this film, and all of them praised the work done by the television staff and the veterans,” says Life Enrichment/Wellness Director Marguerite Rylander.

The video presentation was part of Waterford’s Veterans Day tribute. Family, friends, staff, and residents gathered to honor America’s bravest. The Montana Army National Guards Honor Guard presented the American flag, which was followed by Taps. Veteran and Waterford Maintenance Manager Darrell Wagner shared the origin of the tune.

“Veterans Day is a special time to remember those who died for their country and pay tribute to those who have sacrificed so that others may live in freedom,” says Marguerite. ■

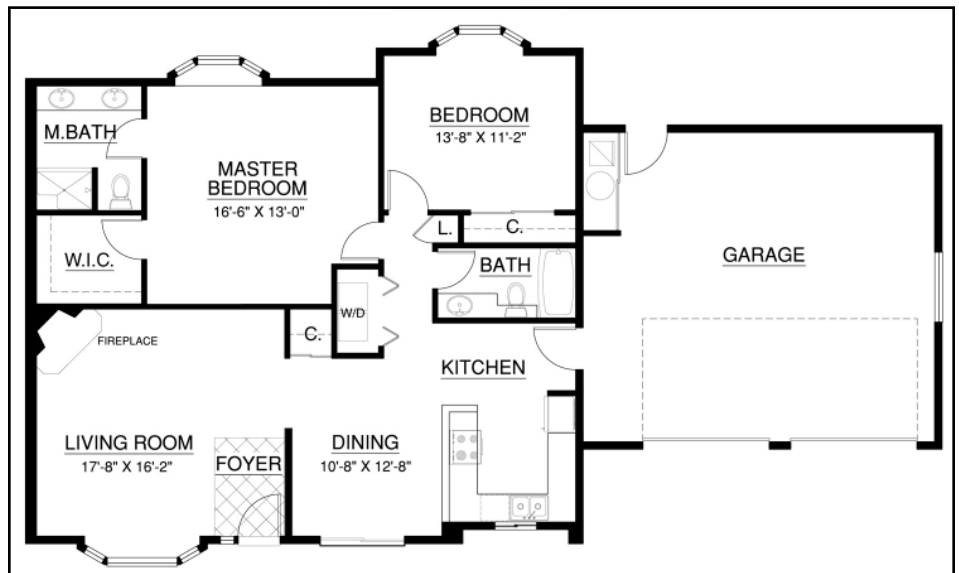


Members of the Montana Army National Guard Honor Guard present the American flag during the Waterford Veterans Day celebration.

## Enjoy the season without the worry

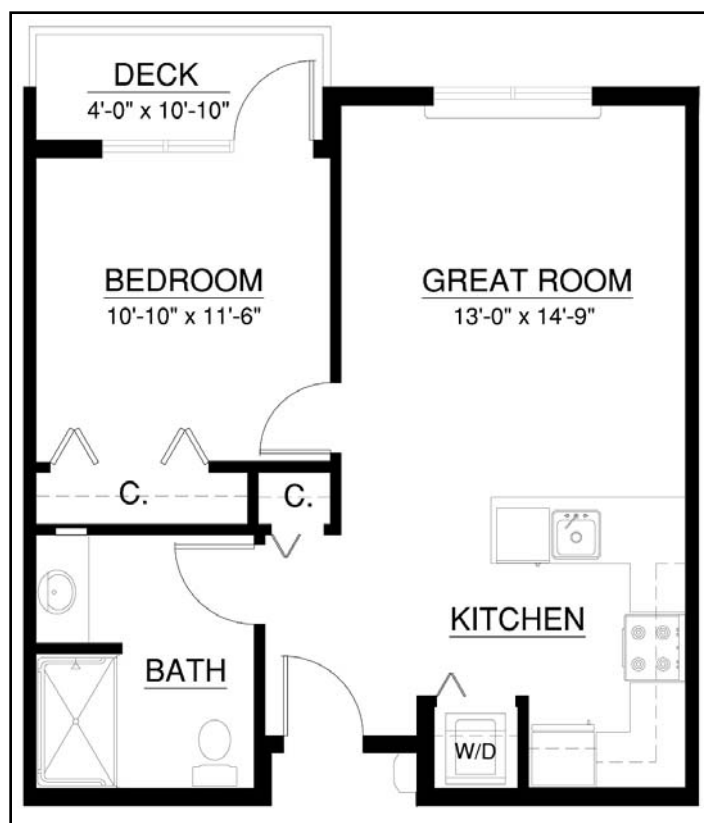
The National Oceanic and Atmospheric Administration predicts this winter to be warmer-than-normal to near-normal temperatures and precipitation throughout the United States. For many, “normal” winter weather consists of heavy snow, ice, and rain, which often makes it difficult to travel from place to place.

Avoid the sometimes-precarious driving conditions and the tedious work of clearing snow and ice. Waterford offers snow and ice removal and scheduled transportation. (cont.)



Located at 911 Saddle Drive, this cottage home features a tiled entry that leads into an inviting living room with a corner fireplace. The full kitchen is open to the dining room, allowing for seamless entertaining. Each of the two bedrooms boast a bay window and ample closet space. This 1,340-square-foot home offers two bathrooms and a two-car garage. Call today for a personal presentation.

(cont.) Visit Waterford or call 406-449-4900 today to learn more about this winter's featured homes. ■



With one bathroom and 641 square feet, apartment 227 features comfortable living space. Call today for a personal presentation.

## Make daily deposits in your bank of well-being



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

On a recent vacation I took a small boat to the Isola San Giulio on Lake Orta and did the “walk of silence” around the monastery and surrounding stone streets. In the midst of all the chaos of traveling, shopping, dining, hiking, and a total cacophony of noise of all kinds and levels, those moments of inward focus and integration became the highlight of my trip.

It occurred to me as I walked from signpost to signpost that the stillness needed to hear the bird’s song, the water lapping on the shore, the rain on the treetops, or a child’s spontaneous laugh is an inside job. It is not about the external chaos over which I have little or no control. It is about the internal quiet that allows the soul to rest and reflect.

**“The silence allows you to listen to the wind, your step, the fragrance of love.”**

—Signpost along the “walk of silence” at Lake Orta

We live in a society that is filled with noise: media messages, signage, unsolicited mail and phone calls, television, car radios, and more. Planes, trains, cars, and other motorized vehicles pollute the silence as we walk or cycle. In all public places, people stand right next to us and speak freely on their cell phones to someone we have never met. Assaults on our quiet come too often to count.

If we are going to maintain the equilibrium in our lives, we must make a commitment to well-being each day. Whether it is reading familiar passages, listening to music that reaches into the heart, meditating, doing yoga, walking in the early morning, or talking to a special friend—there is an activity for each of us that can define the day as one of good memories and contentment. As we go forward into the day, we will be busy doing tasks and activities, solving problems, and finding solutions, but the deposit in the bank of well-being can carry us through those busy moments in spite of the many demands we face.

At Waterford, the Life Enrichment/Wellness program is designed to allow each resident to find his or her moments of well-being. Contact Waterford Life Enrichment/Wellness Director Marguerite Rylander for information on the program opportunities that will provide meaningful moments throughout your day. ■

## Keeping your body—and brain—fit in 2009

The latest research concludes the same healthy habits that keep the body fit also protect the brain. To maintain, and in some cases improve the brain's function, Associate Professor of Psychology at Western Oregon University Rob Winningham, PhD, encourages people to follow these steps:

1. Exercise 30 minutes a day, using a combination of aerobic exercise and strength training.
2. Eat a diet rich in fruits and vegetables, as the antioxidants can decrease damage to cells.
3. Get at least seven or eight hours of sleep each day, even if it requires a nap.
4. Manage stress levels.
5. Maintain social relationships and engage in social activities.
6. Participate in stimulating brain activities each day, such as reading the newspaper and solving puzzles.
7. Eat fish containing omega-3 fatty acids at least twice a week, as the omega 3s are good for the brain, mood, and memory ability.
8. Try to learn something new everyday.

This year, make a resolution to incorporate some of these healthy habits into your life.

	6				5	7		2
		4		9	6		1	
8	7	1	3		2			
5				7	1	3		
	3			5			7	
		7	8	2				5
			5		9	6	8	7
	8		2	6		1		
7		6	4				2	

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*This puzzle has been provided by programmer/musician Jim Bumgardner, who creates software art and toys and is the creator of [www.krazydad.com](http://www.krazydad.com).*

**Sudoku is one of the best activities for brain development. Fill in the blank squares so that each row, each column, and each three-by-three block contain all of the digits 1 through 9. See page four for answers.**

## Support local families in need

Are you stumped about what to give someone who already has everything? Looking for a gift idea that can make a difference in the lives of others? Over the past several years, the Touchmark Foundation has joined with Touchmark and Waterford communities around North America and others to create hundreds of food boxes for families in need over the holidays. Depending on the community, each box contains enough food for a complete holiday meal or meals over three to five days. The cost of each box can be more than \$40. The food boxes are then donated to nonprofit agencies and area churches to be distributed to help families in need over the holidays. Read what one recipient said: *(cont.)*

(cont.) “I received a food box from Touchmark. I appreciate it so much I want to thank you and all those involved in preparing it. Thanks is so small for such nourishing contents, but please accept this GREAT BIG THANKS. It was so unexpected, such a great variety of food, and so much help for me. I was so touched by it that I could not help but cry.”

If you'd like to join the Touchmark Foundation in this joy-filled project, please donate online (TouchmarkFoundation.org) or send a tax-deductible check (payable to the Touchmark Foundation) to:

Touchmark Foundation  
Attn: Holiday Food Box Project  
C/O Waterford on Saddle  
Drive  
915 Saddle Drive  
Helena, MT 59601-5754

Sudoku #2

3	6	9	1	8	5	7	4	2
2	5	4	7	9	6	8	1	3
8	7	1	3	4	2	9	5	6
5	4	2	6	7	1	3	9	8
6	3	8	9	5	4	2	7	1
1	9	7	8	2	3	4	6	5
4	2	3	5	1	9	6	8	7
9	8	5	2	6	7	1	3	4
7	1	6	4	3	8	5	2	9

Answers to the puzzle on page 3

## Coming Events

**Friday, Dec. 12, 11:15 am**

Bus leaves for Montana Club luncheon.

**Sunday, Dec. 14, 2:15 pm**

Bus leaves for the Helena Symphony and Queen City Ballet performance of *The Nutcracker* at the Helena Civic Center.

**Monday, Dec. 15, 2:30 pm**

Montana Association for the Blind. Forum.

**Wednesday, Dec. 17, 2 pm**

Jerry & Rich on Guitar. Forum.

**Wednesday, Dec. 17, 2 pm**

Bus leaves for Canyon Ferry Mansion luncheon.

**Thursday, Dec. 18, 4:30 pm**

Christmas and holiday program. Lobby.

**Thursday, Dec. 18**

Christmas Birthday Night, music by Sagittarius Trio.

**Friday, Dec. 19, 1 pm**

CRA Choir. Forum.

**Monday, Dec. 22, 10:30 am**

Bus leaves for Shodair Children's Hospital, where the group will be wrapping children's gifts.

**Tuesday, Dec. 23, 2:30 pm**

Resident Christmas and Holiday Party. Forum.

**Wednesday, Dec. 24, 2 pm**

Holiday movie and eggnog. Forum.

**Wednesday, Dec. 31, 4 pm**

New Year's Eve champagne cocktail party. Forum.

## 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.*

## My Advice

By **Whitney Fisher**, Waterford Personal Care Attendant

### LIFE. A GLORIOUS EXPLOSION OF LAUGHTER AND LOVE

Sends rays of sunshine on all that surrounds us  
From the grace of a bird in flight,  
To the awe of an infant's face, with every new wonder it sees,  
This precious life blesses us every day  
Even when we aren't looking  
When our eyes are shut in stubbornness, Mother earth still cares for us  
When we seal our lips in bitterness, Father time still laughs,  
And cries, with us  
Don't hesitate to take in every splendid breath this earth can give you  
Share,  
Love,  
Remember your past, but release your woes  
Shake hands with everyone that touches your life,  
Even for one brief, gentle moment  
Celebrate. Celebrate all that you have: A new day,  
And friends to learn with  
Cherish the leaves changing color,  
And the snow falling  
Pray, and trust your feet to take you down new paths of adventure  
And even if you stumble, do it with eyes and heart wide open  
So you don't miss the next hootenanny of life.

## Recent events



Waterford hosted a Mexican cooking demonstration for residents. People tasted samples and learned various techniques and secrets to making “delicioso” authentic Mexican food. Life Enrichment/Wellness Assistant Erika Mendez (pictured) prepares some of the samples.



Some of the samples at the cooking demonstration featured wild game.