

Building on an award-winning year

Happy new year to you and your loved ones! As we start another year, I'm excited to build on the achievements and growth of last year. During 2008, we were honored to receive some awards, which underscored our mission—to enrich people's lives.

Our parent company, Touchmark, received a Best Practice award for Let Your Spirit Soar, a component of Touchmark's Life Enrichment/Wellness program, from The Health Promotion Institute, which is part of the National Council on Aging.

In addition, our Life Enrichment/Wellness Director received her two-year certification as a Geriatric Wellness instructor.

With these team-built achievements as the foundation for 2009, I look forward to growing as a community and continuing to serve residents, their families, and the Helena community.

Join us for another exciting year!



Merry Lunde

Merry Lunde
Executive Director

Find out how to achieve wellness over the life span

Healthy aging is in the news each day. Is it possible to affect the aging process in a way that makes wellness over the life span attainable? Marge Coalman, EdD, Touchmark vice president of Wellness & Programs, will answer this question and others as she presents the latest research and recommendations to help individuals proactively influence their own health and well-being through simple lifestyle choices.

The presentation—titled *Whole-Person Wellness for Successful Aging*—will be held Tuesday, Jan. 6 at 6 pm at St. Peter's Hospital, 2520 Broadway. For more information,

people may call 406-444-2135.

"Wellness has nothing to do with age," says Marge "It is related to the individual." Halbert Dunn, MD, did the original research on whole-person wellness that led to the National Wellness Institute adopting the concept in 1992. The components of emotional, intellectual, physical, social, spiritual, and vocational wellness became the model that professionals agreed defined the well-being of an individual. Coalman's presentation will focus on the element that is considered the most critical for successful aging—the role of the individual in choosing self-responsibility, optimism, and good lifestyle choices.

For the past five years, Marge has worked for Touchmark, parent

company of Waterford as well as 10 other communities in the United States and Alberta, Canada. At Touchmark, she is responsible for developing and implementing programs that enrich people's lives through customized physical, intellectual, and spiritual activities. Additionally, she provides support and oversight for Touchmark's Assisted Living and Memory Care programs.

Marge received her doctorate in Education from Oregon Health Sciences University and holds a master's degree in Education from Portland State University. Her bachelor's degree is in Physical Therapy from the University of Washington.

A guest professor for Oregon State University, Port-
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(cont.) land State University, and the Oregon Gerontological Association, Marge is sought internationally as a conference speaker. She also is a contributing journalist to the International Council on Active Aging as well as a course developer and master trainer for the Oregon Health Care Association.

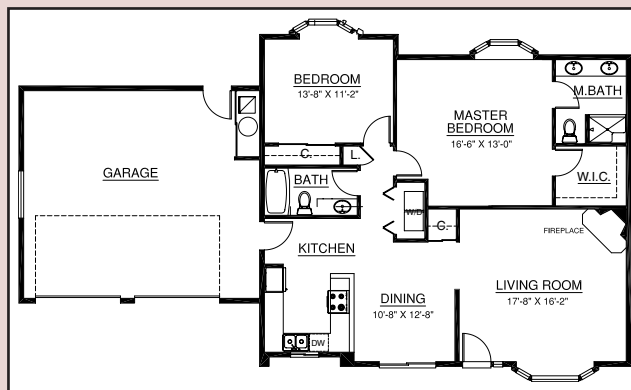
Marge's presentation is part of St. Peter's Better Living Lecture Series, cosponsored by Waterford on Saddle Drive. The lectures are free and open to the public. ■

Forbes Magazine lists Helena in "America's Least Vulnerable Towns"

Along with Key West, Florida, and Seaford, Delaware, Helena sits in the list of *Forbes*' least-vulnerable towns. The article states, "In these towns, the unemployment rate is less than 5%, median incomes are as high as \$60,000 and more than 30% of the workforce has an associate's, bachelor's or advanced degree."

To learn more about Helena, visit www.helenachamber.com, or read the whole *Forbes* article at www.forbes.com/2008/10/09/cities-vulnerable-towns-forbeslife-cx_rr_1009vulnerable.html. ■

Tour these homes today!



Call today for a personal presentation of this 1,345-square-foot cottage home, located at 911 Saddle Drive. This home offers two bedrooms, each boasting a bay window and ample closet space, and two bathrooms. A tiled entry leads into a comfortable living room with a corner fireplace. Entertaining is seamless with the full kitchen that opens to the dining room. The attached two-car garage has loads of space for storage and parking.



From the bedroom of apartment 227, step out onto the deck for a breath of fresh air. This 646-square-foot, one-bedroom, one-bathroom apartment offers a full kitchen. Call today for a personal presentation.

Celebrations!



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

We have declared 2009 as the year of “Celebrations!” in all Touchmark communities. What does the theme “Celebrations!” denote for a company of communities that provides home and lifestyle options to people ages 55-plus in the USA and Canada?

The intent is multifaceted. Of course, we’ll promote the idea of parties, merriment, and revelry; these special events are fun to plan and attend and are scheduled in all Touchmark communities throughout the year. The theme of the 2009 Touchmark Full Life Wellness & Life Enrichment Program, however, is much more personal and more in keeping with what John Burroughs wrote about in his essays and books. The celebrations of life are those moments each day

“I still find the day too short for all the thoughts I want to think, all the walks I want to take, all the books I want to read, and all the friends I want to see.”

—John Burroughs, naturalist and essayist

that bring pleasure, contentment, and connectivity to our wishes, hopes, and dreams—days that leave us wishing for more hours to have those personal desires fulfilled.

Celebration of the day can be as simple as a quiet moment of contemplation or as complex as a formal event to mark a special holiday, anniversary, or milestone in the life of a friend or family member.

In the broader scope of celebrations in 2009, the yearlong “author in residence” series will celebrate authors living in Touchmark communities who have published books. Part of Touchmark’s ongoing Let Your Spirit Soar activities, the series will be featured in newsletters and on the Touchmark Web site (Touchmark.com).

Life Enrichment/Wellness staff and residents work together to plan and organize multiple opportunities to celebrate moments of pride and personal accomplishment. To be a part of the planning and promotion of the Celebrations! in 2009, contact Life Enrichment/Wellness Director Marguerite Rylander at 406-449-4900. The talents, time, energy, enthusiasm, and support of each resident and team member will highlight the 12-month emphasis on personal and community celebrations. ■

Coming Events

Tuesday, Jan. 6, 6 pm
Whole-Person Wellness for Successful Aging, educational presentation by Touchmark Vice President of Wellness & Programs, Marge Coalman, EdD. See the article on page one for more information. Bus transportation available.

Thursday, Jan. 15
Birthday Night with entertainment by the Express Singers.

Tuesday, Jan. 20, 4:30 pm
Mystery Dinner. Please sign up at the front desk. Bus transportation provided.

Thursday, Jan. 22, 2:30 pm
Musical entertainment by the Brennans. Forum.

Thursday, Jan. 29, 2:30 pm
Dreaming of the Tropics party. Forum.

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Celebrating the holidays

The end of the year brought with it some memorable holiday and Christmas activities. In addition to parties and outings, the halls of Waterford echoed with the laughter and lively conversation from some special holiday gatherings.

Holiday Party

Waterford's first-ever all-staff Christmas program, *Santa Moves to Waterford*, was performed prior to Christmas Birthday Night. Directed by Administrative Assistant Brian Johnson, the presentation consisted of eight comical scenes, each followed by singing, led by a chorus of residents. "It was a great way to celebrate the holidays with the whole Waterford family!" says Marguerite.

High Tea



Over 60 residents gathered with staff for another festive Victorian Christmas High Tea. Attendees sat at beautifully decorated tables that showcased vintage china, cups, bowls, and linens. Life Enrichment/Wellness Assistant Erika Mendez used several pieces from her private collection to decorate the tables, which also showcased heirloom Christmas ornaments. Centerpieces of fresh flowers and vintage ladies' hats added to the festive atmosphere.



Personal Care Assistant Whitney Fisher played the piano while everyone enjoyed freshly brewed tea, poured from antique teapots.



At the culmination of the event, each person took home an ornament. "Everyone had a lovely afternoon tea," says Marguerite Rylander, Life Enrichment/Wellness director. "It was a wonderful way to get into the holiday spirit with friends and neighbors!"

Authors in Residence Series

Throughout 2009, Touchmark is featuring stories about authors (and their published works) who reside at Touchmark communities in the United States and Canada. The year-long series is a new aspect of Touchmark's award-winning Let Your Spirit Soar—a component of the Life Enrichment/Wellness program. Now beginning its fourth year, Let Your Spirit Soar showcases the strengths, talents, and skills of Touchmark residents and staff in the area of lifelong learning and creativity.

Vice President of Wellness & Programs Marge Coalman, EdD, interviewed the authors. "I was surprised by the number of authors we discovered once we announced the project," she says. "Literally, there are dozens of published authors living at Touchmark communities."

Last year, the Health Promotion Institute—a part of the National Council on Aging—presented Touchmark with a Best Practice award for Let Your Spirit Soar. The award recognizes a program, initiative, or service that enhances the health and wellness of older adults. Touchmark was one of three organizations selected from more than 100 nominations throughout the United States.

To read about all of Touchmark's resident authors, visit touchmark.com/authors-in-residence. ■

Build your brain. Solve a puzzle.

Unscramble the following letters to discover a new phrase. The topic is new year.

1. repay pay when = _____
2. a eyeliners town sour = _____
3. weathering rye inn = _____

*Answers:
1. happy new year 2. new year resolutions
3. ring in the new year*