



A Touchmark® community
Est. 1980

See what's happening at Waterford



Residents exchange stories behind their treasured jewelry pieces and discuss the history and sentimental value of the items during the Tea and Jewelry party.



Phyllis Jonson (pictured) greets new residents and their mentors at the Newcomer's reception. Residents and Waterford Sunshine Committee members Ellie Furbush and Barbara Hunter help organize a recent newcomer's party, where residents meet those who have just joined the community.



The Brennan family's musical performances have become a resident favorite.

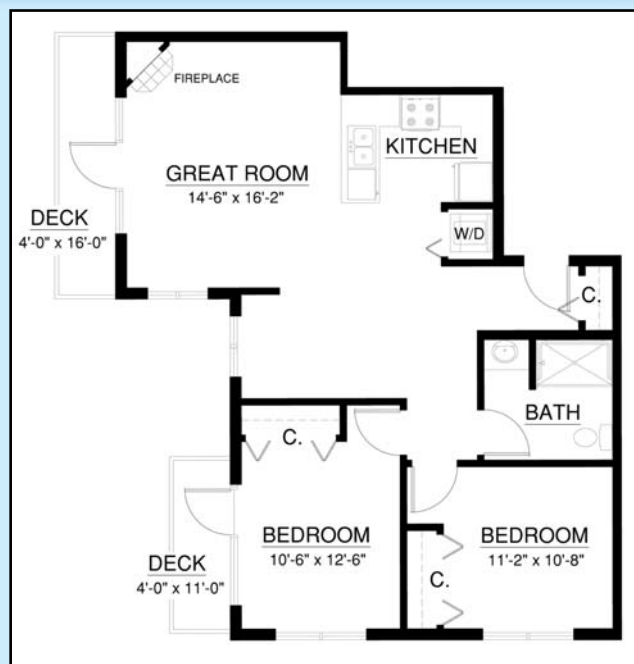


Residents enjoy the four-part harmony of the Xpress Singers at a recent birthday dinner.

Look at what's available at Waterford!



Located at 911 Saddle Drive, this 1,340-square-foot home offers two bedrooms and two bathrooms. The attached two-car garage has ample room for parking and storage. Enjoy independent living with all the amenities Waterford has to offer. Call today for your personal presentation.



With a spacious 1,001 square feet of living space, including two bedrooms and one bathroom, apartment 222 offers comfort and function.

Pursuing whole-person wellness



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

Most of us come into the new year with thoughts and intentions for positive change. Some actually make resolutions—usually regarding weight loss, smoking cessation, or some other health-related habit. Sadly by February a number of “resolvers” have abandoned their efforts and returned to previous habits. Perhaps that is why the American Heart association, the Heart and Stroke Association of Canada, and several other consumer health organizations emphasize heart health during February.

Practicing the 10 steps to Whole-Person Wellness shown here is a way to approach positive change from a different perspective. Rather than focusing on the bad habits, the 10 steps emphasize replacing unhealthy activities with those that will improve all six dimensions of wellness: emotional, spiritual, physical, vocational, social, and intellectual.

One of the highlights about this specific list of health practices is that the list benefits the brain as well as the heart. The research on neurogenesis (growth of new brain cells and neurons in the hippocampus and other learning centers in the brain) is most compelling. We now know the benefits of specific cognitive-enhancement activities that promote brain-cell generation and stave off the onset of dementia. “Older adults can make new connections and rewire their brains,” states Robert Winningham, PhD, associate professor of Psychology at Western Oregon University and geriatric wellness instructor who certified Touchmark staff in 2008.

(cont.)

(cont.) The circular benefits that flow from a good diet, exercise, and social lifestyle choices support the “use it or lose it” theory that has been known to researchers for decades. Improved physical and cognitive well-being is as dependent on lifestyle choices as on genetics. We don’t get to pick our parents. We can and do choose our habits that can lead to well-being and good health.

At Waterford, we offer a range of opportunities to participate in physical activity, cognitive enhancement programming, and social events through our Life Enrichment/Wellness programs. For information or to provide suggestions and support, contact Marguerite Rylander who directs our program here. The notion of a new year, new you does not need to end in February. Make a commitment to positive health changes today.

Marge recently presented New Year, New You – Achieving Wellness as part of the Better Living Lecture Series at St. Peter’s Hospital. Waterford residents and members of the greater Helena community heard how individuals can make simple lifestyle choices to proactively and positively influence their own health and well-being. ■

Dr. Marge’s Smoothie Recipe

Follow Marge’s example. Drink this beverage early in the morning to get a head start on eating five to eight servings of fresh fruits and vegetables each day as well as some of your daily calcium and protein requirements.

- ½ cup nonfat plain yogurt.
- (Any yogurt that contains acidophilus and other live culture growth will work, including soy or other nondairy options.)
- ¼ to ½ cup fresh or frozen blueberries, raspberries, blackberries, or berries of choice
- (Using two types of berries makes the drink even more tasty and nutritious.)
- ½ banana
- 1 kiwi, peeled and diced
- 4 oz. orange juice (preferably not from concentrate) or 4 oz. combined cranberry and orange juice

Mix everything with a hand blender or food processor. Double the recipe to share with a friend or family member.

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10 steps to whole-person wellness

1. Each day, participate in stimulating brain activities, such as reading the newspaper and solving puzzles.
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. Exercise 30 minutes a day, using a combination of aerobic exercise and strength training.
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 every day.
9. Continue to give back to your community and the causes you hold dear.
10. Nurture your spiritual self.

Build your brain

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

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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.

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.

Coming Events

Thursday, Feb. 12, 2 pm

President's Day Tea and Trivia. Forum.

Monday, Feb. 16, 11:15

Lunch at Uncle Buck's. Bus transportation provided. Please sign up in advance.

Wednesday, Feb. 18, 2 pm

Travelogue. *The World's Most Exotic Travel Destinations*. Forum.

Thursday, Feb. 26, 1:30 pm

Tour of the state capital building and legislative quarters. Bus leaves at 1:30 pm, tour starts at 2 pm.

Friday, Feb. 27, 2 pm

Ben Franklin Crafts demonstrates spring floral arranging. Forum.

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

Answers to the puzzle