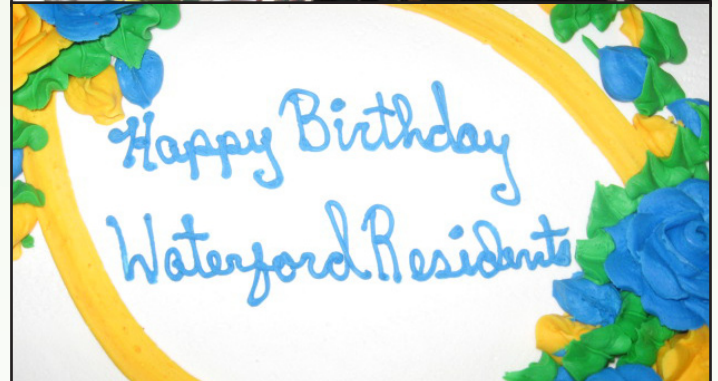


Spring blooms with events

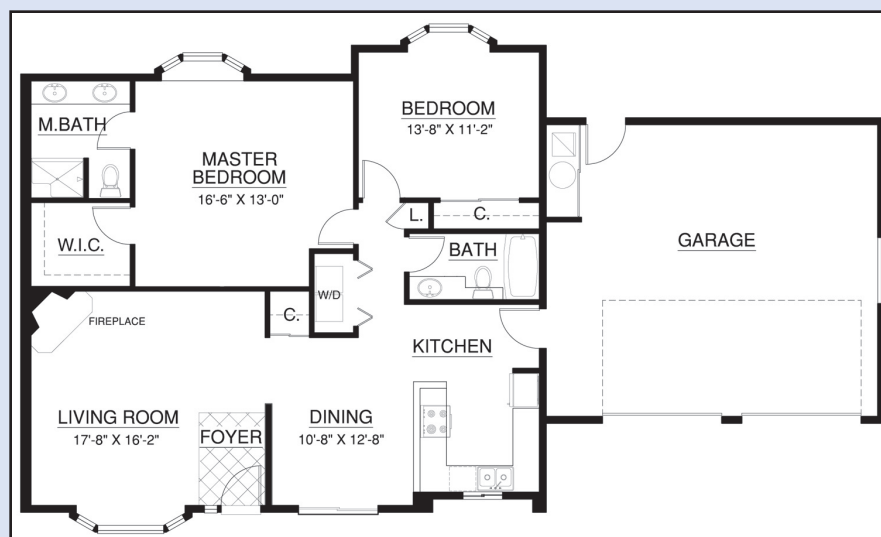


St. Patrick's Day was more than just a day at Waterford. It was several days of "Erin go bragh" fun and celebrations. The festivities kicked off with the Irish Tiernan Dancers performing in the Forum. The young dancers delighted everyone with their traditional Irish dance. The Irish mood continued as Waterford went out on the town the next day for lunch at Riley's Irish Pub in downtown Helena, followed by green beer and acoustic music that evening.

On St. Patrick's Day, the dietary team treated everyone to mulligan stew and soda bread. Later in the week, the March birthdays were celebrated in true Irish style—a traditional corned beef and cabbage dinner and entertainment with Waterford favorites, Gabe and Maggie Brennan. The Irish couple's daughter, Moira, was on spring break from medical school and joined them in singing and playing the guitar.

Come home to Waterford!

There is plenty of elbow room in the open living area of apartment 114. This spacious, 974-square-foot apartment offers two bedrooms and two bathrooms. Located on the first floor, it's easy to come and go. Discover for yourself why, "It's a great day at Waterford!"



Picture yourself at Waterford! This 1,340-square-foot home offers independent living with spacious comfort. With two bedrooms, two bathrooms, and an attached two-car garage, there is ample room for all of your treasures. Enjoy the finest in retirement living with all the amenities Waterford has to offer. Call today for a personal presentation.

Humor helps



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

**"Humor is mankind's
greatest blessing."**

—Mark Twain, author

Resilience is a quality that is hard to measure in people as compared to road surfaces, paint, and other finite objects. In the assessment of

a life well-lived, however, it comes up over and over in the people I interview. They say that a sense of humor is essential to navigating not only the aging process but life as we know it in 2009. Humor is an essential component of resilience and life balance.

The physiological and psychological benefits of *laughter* have been well-studied, as noted in the article I wrote for the International Council on Active Aging (*Is Laughter Really the Best Medicine*—November/December 2005). But a consistent sense of *humor* is less

well-understood by the research community. What is known is that it requires optimism along with the ability to see through a problem with a positive perspective.

The research that has been done on humor focuses on the cognitive-response mechanism that occurs when people respond to comedy. Yet, interestingly, there is little commonality in what people will find humorous.

Perhaps the analysis is unimportant, as author E.B. White contends. The real importance of a sense of humor lies in helping us survive the bumps and potholes in life's road and coming through with the ability to face the day (and tomorrow) with a smile.

Universally, people respond more positively to those around them who manifest and display humor and a positive perspective, even in adverse situations. These resilient individuals are not "starry-eyed optimists" out of touch with the hardships and stresses of life. They are realists who are able to maintain their perspective when others experience fear or depression.

At Waterford, there are many opportunities to share humor and optimism. For information on how to participate in the Life Enrichment/Wellness program planning and implementation, contact Marguerite Rylander, director. ■

Brain a buzz ...

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

© 2005 KrazyDad.com

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, April 16

Birthday Night with Gary Blom.

Friday, April 24, 2 pm

Music by Not Quite Ripe. Forum.

Thursday, April 30, 2 pm

Music with Nadine Copley.

Recent events



The rhythmic, full sound of several local guitarists fills the Forum from Acoustic Jam.



Ellen Baumler of the Montana Historical Society gives a presentation on the Old Deer Lodge Prison.

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

Answers to the puzzle