



A Touchmark® community
Est. 1980

Waterford | on Saddle Drive

May 2009

Thank you, volunteers!



While Waterford's volunteers are appreciated every day, the annual Volunteer Appreciation Dinner provides residents and team members the opportunity to formally recognize the efforts of volunteers and to thank them for their role in making Waterford such a vibrant community. Left: Waterford Executive Director Merry Lunde thanks resident Carl Anderson for his volunteering effort.

Welcome home!



Located in the main building, apartment 378 is a bright, spacious 742-square-foot apartment offering one bedroom and one bathroom. Wake up to the morning light in this home with eastern exposure. Experience private, independent living with all the amenities Waterford has to offer.

Recent events



The weather cooperated in making the annual Waterford Easter Egg Hunt a fun—and dry—event for all involved. Highlights of the event included over 600 eggs, some dyed and others stuffed with candy, Chef Adam's hot dog buffet, and prizes for participants.



Many conversations begin with a discussion of the weather, and now many residents will be a bit more informed about the topic. Chief Weathercaster Erin Yost from Beartooth NBC (KTVH) visited Waterford to share information and answer questions. Erin was recently nominated by the Montana Broadcasters Association for the Weathercaster of the Year award.

Celebrate activity —step into spring



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

May is Exercise is Medicine™ month, and the American College of Sports Medicine (www.exerciseismedicine.org) and the World Health Organization Move for Health campaign www.who.int/dietphysicalactivity/ have developed an array of tools for both the public and health care professionals.

“Birth certificates do not come with expirations dates.”

—Walter M. Bortz II, MD, healthy aging expert and author, *Dare to be 100*

The many benefits of physical activity have sparked a campaign directed at physicians. The campaign encourages doctors and other health professionals to prescribe physical activity—along with good dietary choices—as a first line of defense against obesity and chronic diseases prevalent in people over the age of 65.

Although physical activity is a well-known deterrent to obesity, the idea of physical activity combating and managing diseases and conditions common to older

adults is less commonly known. Specifically, diabetes; osteoarthritis; osteoporosis; cardiovascular disease, and hypertension have been identified as conditions that can be affected positively by a specific program of physical activity. There is significant evidence that even starting late in life can improve pain management and enhance overall well-being.

Physical activity also has been shown to improve mental health and cognitive function and has been found to contribute to the management of disorders such as depression and anxiety. An individualized program of cardiovascular and strength conditioning, flexibility, and balance is important in reducing the risk of falls—a primary cause of disability for older adults. Lastly, an active lifestyle also provides new opportunities for forming friendships, expanding social networks, and interacting more with the community and the environment.

Spring is an especially good time to get out the walking shoes, swimsuit, bicycle, gardening tools, and anything else you need to be active. Check with your physician as to recommendations and any restrictions for diagnosed conditions that may affect physical activity choices.

Featured classes and fitness offerings are listed in the Life Enrichment/Wellness calendar. For additional information on appropriate physical activity

choices, contact a member of the Life Enrichment/Wellness team. Step into spring with a renewed commitment to be physically active every day! ■

Coming Events

**Wednesday, May 13,
1:15 pm**

Bus leaves for the Montana Historical Society.

**Thursday, May 14 and
Friday, May 29, 10 am**
Trip to the library.

Friday, May 15, 2 pm
Presentation by Ellen Baumler of the Montana Historical Society.

Monday, May 18, 10 am
Resident Council meeting. Forum.

Tuesday, May 19, 11 am
Bus leaves for lunch at Pizza Hut followed by a visit to Valley Farms.

Thursday, May 21, 5 pm
Birthday night with the Barbershop Singers.

Friday, May 22, 10 am
Book Club in the Garden Wing.

(cont.)

Mind your verbs

(cont.) **Tuesday, May 26, 10:15 am**
Celebration of the culmination of the Voices program with Hawthorne Elementary School students. The students will present a bound book with stories of their conversations with Waterford residents. All are welcome.

Thursday, May 28, 2 pm
Music by Nadine Copley. Forum.

Thursday, May 28, 4:15 pm
Bus leaves for dinner at Yacht Basin.

Friday, May 29, 2 pm
Birding presentation by Jane Beasley of Birds & Beasleys.

Fill in the blank using the letter provided as the first letter. Think of verbs for each letter provided.

Example:

ASK _____

A _____

B _____

C _____

D _____

E _____

F _____

G _____

H _____

I _____

J _____

K _____

L _____

M _____

N _____

O _____

P _____

Q _____

R _____

S _____

T _____

U _____

V _____

W _____

X _____

Y _____

Z _____