

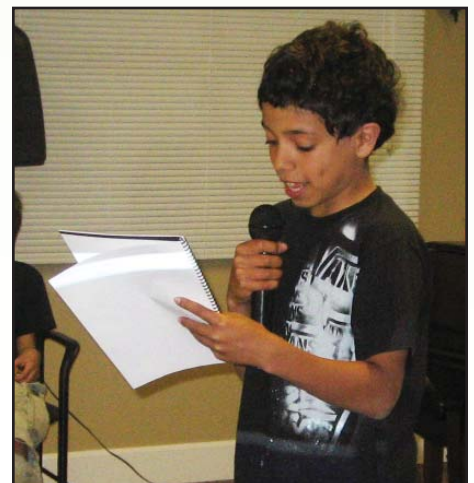


A Touchmark® community  
Est. 1980

# Sharing their voice



After five months of sharing stories and creating intergenerational bonds, the Voices program with Hawthorne Elementary School students has come to a close. The students have visited Waterford on several occasions since January to share time with their resident “buddy” and discuss everything from hobbies and careers to family and childhood memories. The children visited Waterford one last time to celebrate the success of the project and present a bound book they created with stories of their visits. Each child read an excerpt from their written contribution. A copy of the book can be found in the Waterford library. Many participants expressed how they will miss their “buddy” but are grateful for the enriching experience. Special thanks go to Social Services Coordinator Erica McMillan, who spearheaded this wonderful project.



## Waterford is calling your name!



Enjoy the beauty of the Helena Valley and the Big Belt Mountains from apartment 206. With breathtaking views, one bedroom, and one bathroom, this 771-square-foot home offers worry-free, independent living with all the amenities Waterford has to offer. Call today for a personal presentation.

## Tongue twister!

Work your concentration and challenge your pronunciation. Try saying it aloud; trying saying it with friends; try memorizing it.

Betty Botter had some butter,  
“But,” she said, “this butter’s bitter.  
If I bake this bitter butter,  
it would make my batter bitter.  
But a bit of better butter—  
that would make my batter better.”

So she bought a bit of butter,  
better than her bitter butter,  
and she baked it in her batter,  
and the batter was not bitter.  
So ‘twas better Betty Botter  
bought a bit of better butter.

## For some, curiosity never retires



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

### “Curiosity is free-wheeling intelligence.”

—Alistair Cooke, *journalist and broadcaster*

The act of learning can be a true source of enjoyment. Putting aside the benefits of continuing to activate and develop new brain cells and fine-tune short- and long-term memory, the process of learning new information provides a major source of satisfaction to the lifelong learner—especially if the information satisfies the sense of curiosity about the little known or unknown.

Here are some tips for supporting the habit of lifelong learning:

- Always have a book available. If you are a Kindle™ or Books on Tape® fan, that works, too. Those endless moments of waiting at an appointment, movie theatre, performance, etc. provide an ideal opportunity to dive into a story.
- Keep a “to-learn list.” Write down priorities for adding new information to your “brain central.”
- Spend time with friends who share your intellectual passion. Being with people who think—not just with people who are smart—makes learning fun and contagious.
- Put your new knowledge into practice. Anyone who has learned another language knows the “use it or lose it” principle. The same applies to picking up a paintbrush, aiming a new camera, or using a new phone. Connecting knowledge and outcome experiences leads to a whole new level of learning and satisfaction.

- Teach others. Mentoring and helping others is the best way to learn a topic well and put it into long-term memory.
- Prioritize new learning. Putting yourself and the pursuit of new information first is the only way to get it into our jam-packed lifestyle.

Lifelong learning opportunities are one of the many features of the Life Enrichment/Wellness programming at Waterford. If you have ideas, knowledge, skills, or talents to share or if you would like to know more about the programs available, contact a member of the Life Enrichment/Wellness team. Curiosity is always welcome! ■

### Coming Events

**Thursday, June 11, 1:30 pm**  
Visiting Exploration Works Museum.

**Thursday, June 11, 4:30 pm**  
Bus leaves for dinner at Zen’s Mongolian Grill. Please sign up in advance.

**Thursday, June 18, 5 pm**  
Birthday Night with music by the Continental Divide Tuba Society.

**Friday, June 19, 2 pm**  
Fathers and Sons Root Beer Float Social Forum.

**Saturday, June 20, 3 to 5 pm**  
Father’s Day Barbecue Buffet. Dining Rooms.