



A Touchmark® community
Est. 1980

Team member accepts new position

Life Enrichment/Wellness Director Marguerite Rylander recently retired, and Erika Mendez is taking on the position of director. In this role, she is responsible for planning, directing, and supervising Waterford’s Life Enrichment/Wellness program, which supports the physical, cognitive, social, and spiritual needs of residents.

Erika first joined the Waterford staff in 2007 as a certified nursing assistant. A year later, she joined the Life Enrichment/Wellness team as an assistant.

“I really enjoy my job,” says Erika. “Hearing great stories from residents brightens my day.”

Prior to coming to Waterford, Erika worked with adults with disabilities for the state of California

for 14 years. She also found great fulfillment through a variety of volunteer endeavors. Working with pregnant teens, organizing a soccer league for children with disabilities, volunteering in her children’s schools, and helping with the Spanish-speaking community at a church are just some of the ways Erika has contributed to her community. “I like to help in any way I can,” she says.

Erika and husband Adam, who is the executive chef at Waterford, have five children, ranging in age from 3 to 16 years old. Away from work, she enjoys shopping for antiques—she owns 250 teacups—and outdoor pursuits, such as gardening and fishing with her family. She loves flowers and makes her own potpourri and dried floral decorations. ■



Erika Mendez is the new Waterford Life Enrichment/Wellness director. Christel Rowan will join Erika as the assistant on Life Enrichment/Wellness team.

The perfect place for your welcome mat



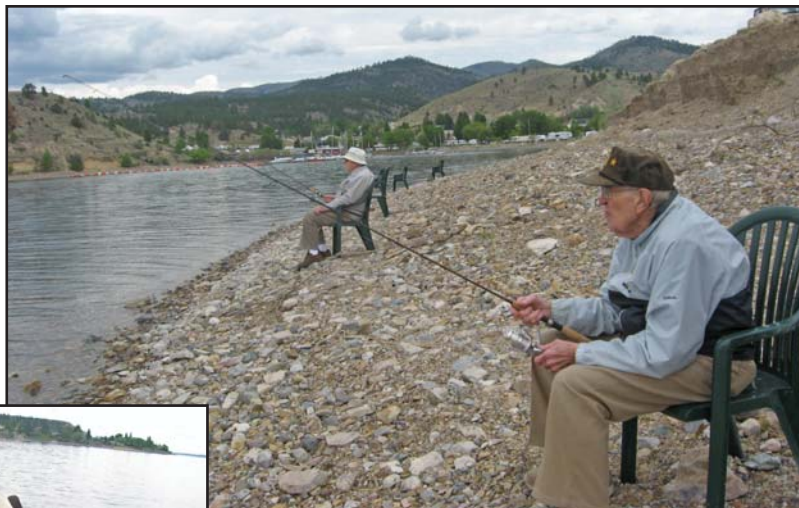
With 753 square feet of living space, one bedroom and one bathroom, apartment 360 offers hassle-free retirement living with all the amenities Waterford has to offer. But the view is the real showstopper! Watch the changing seasons of the Helena Valley from the comfort of your own home. Call or stop by today for a personal presentation.

Fishing trip returns

The Waterford men brushed up their fishing skills during the second-annual Old-Fashioned Fishing Trip. Staff from Capital Sports & Western provided fishing gear, bait, and hands-on training. As soon as the Waterford bus arrived at the Canyon Ferry Reservoir, resident Fitz Weed quickly walked to the shore and prepared to fish. Fitz was the first person to catch a fish last year and hoped to snag the first one again.

The group could see the fish jumping out of the water, but the fish were too far away to guarantee any catches. At one point, resident Les Sodja snagged a big fish, but it managed to wiggle away before he could pull it ashore.

“No fish ... but it was a nice trip,” says resident George Wamsley. ■



Citizenship—a call to action



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

“Be the change you want to see in the world.”

—Mahatma Gandhi

Each July, cities and towns of all sizes in Canada and the USA display flags, hold neighborhood barbecues,

sing anthems, and watch parades. Families, friends, and dignitaries gather to celebrate freedom and independence. This is an ideal time to review and renew individual commitments to citizenship.

Good citizens understand and accept the fact that they have a responsibility to their neighbors, the community, the environment, and the world. They realize it takes commitment—and actions:

- Do the right thing, even when no one is looking.
- Do the right thing, even when it is difficult.
- Share your time and skills with the community to make it better, cleaner, safer, and more accessible.
- Conserve resources—re-use and recycle. *(cont.)*

(cont.)

- Reflect on how your actions affect the welfare of others.
- Lend a hand when you can.
- Stay informed on issues, and voice your opinion by voting.
- Be a citizen of the world and contribute to global well-being.

Being a good citizen requires each of us to resolve to work together to overcome the differences that isolate and separate us from each other and our shared future. Applying life lessons while looking toward the future is a skill that many older adults have developed. The unparalleled changes that have occurred in the last 100 years have provided a testing ground for change. The lessons are available to all of us who ask and listen.

At Waterford, we welcome and nurture diverse opinions and practical solutions to complex challenges. To participate in intellectual and stimulating discussions, contact Erika Mendez, Life Enrichment/Wellness director. Your opinions and perspective are welcome! ■

Marge joins ICAA committee

Vice President of Wellness & Programs Marge Coalman, EdD, recently received the honor of being appointed to the ICAA Advisory Board. As a board member, Marge will continue supporting the goals of the ICAA, which connect professionals who, in turn, help older adults.

Homonyms ... words that sound the same but are spelled differently.

For example, *flower* and *flour*. Using this list, write a homonym for each word.

beet	_____	one	_____
hoarse	_____	heal	_____
prince	_____	they're	_____
plain	_____	bored	_____
foul	_____	you	_____
pale	_____	for	_____
nose	_____	cruise	_____
sent	_____	hi	_____
whale	_____		

You said it!

"[Executive Chef] Adam always does a good job with preparing the meals. I've been here at Waterford for three years. One meal that I did not care for was some type of fish with a long name. I told Adam about it. The next time he made it, I tried it again, and I liked it! I enjoy eating lunch and dinner at Waterford. Adam always talks to me when he sees me in the hallways."

Carolyn Bryant

—Resident

Recent events



Needlepoint Club members Doris Brinck (top) and Elleo Phillips work on projects that will be entered into a contest at the Last Chance Stampede Fair. The group meets every Friday at 10:30 am.



Waterford team member Brian Johnson, who recently joined Waterford's sales staff as a retirement counselor, provides music during the annual Father's Day barbecue. More than 200 people gathered to enjoy the friendship and tasty food.



Residents celebrated the beauty of the season by planting flowers and creating dried arrangements. Residents picked pink, purple, and orange begonias and planted them in different-size clay pots. Others used dried roses, which Life Enrichment/Wellness Director Erika Mendez had collected, and made potpourri. Some placed the dried flowers inside crystal bowls and poured rose-scented oil over the flowers. Others decorated straw hats with roses, lace, and purple, pink, and green ribbons. Resident Carolyn Bryant decided to make a small ornament to give to her niece. Resident Dawn Fusselman used her own glass bowl for her potpourri and then placed it outside her apartment, so people can enjoy the aroma as they walk by.

Coming Events

Thursdays at 1 pm

Watercolor Art Class in the Van Gogh Room.

Fridays at 10:30 am

Needlepoint Club in the Garden Wing.

Saturday, July 11, 11 am

Bus leaves for mystery ride and lunch. You won't know where you're going until you get there! Please sign up in advance.

Saturday, July 18, 7:45 pm

Bus leaves for Symphony Under the Stars at Carroll College. Please sign up in advance.

Monday, July 20, 9 am

Men's Breakfast at IHOP. Please sign up in advance for bus transportation.

Thursday, July 23, 10:45 am

Gates of the Mountains Boat Tour. This 120-minute cruise drifts down the Missouri River, past soaring limestone cliffs, rock formations, and breathtaking scenery. Please sign up in advance.

Thursday, July 30, 10:30 am

Lunch at York Bar. Please sign up in advance.

Friday, July 31, 1:30 pm

Italian Sodas Social. Forum.

Receiving national award

Touchmark's sister community, Touchmark at Mt. Bachelor Village, recently received national acclaim from the National Association of Home Builders. Touchmark's Cliff Lodge and Terrace Lodge were named Best Independent Living Community and received a Gold Award (the highest given) at the 2009 Best of 50+ Housing Awards. Learn more by visiting TouchmarkBend.com/news.