

Waterford takes to the air (show)

“I remember flying one of those!” remarked resident and former pilot George Wamsley during a special practice show for the Gateway to Freedom 2009 Helena Air Show.

The Waterford bus was escorted in and out of the Montana Army National Guard Aviation Support Facility for the invitation-only event.

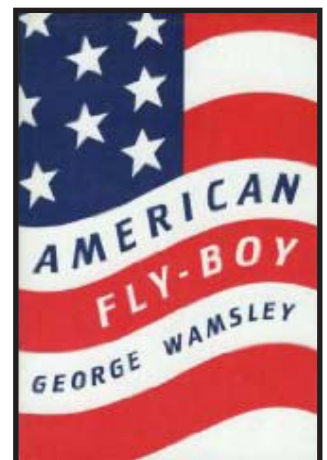
Participants could be heard oohing and ahing at the impressive display of aircraft and tactical vehicles employed by the Army and Air National Guard

(cont.)



American Fly-Boy: George Wamsley

George certainly can remember “... flying one of those!” His book *American Fly-Boy*, published by Vantage Press in 1993, tells George’s life story up to the end of World War II. A Major and commanding officer for the 33rd Troop Carrier Squadron, George flew missions for the United States Army Air Corps for two years in the specially adapted C-47 military transport aircraft that carried troops, supplies, and wounded. During his career, he was awarded the Distinguished Flying Cross five times. From his first 2,400-mile flight to Hickam field through the end of his service career, George recounts his adventures in Guadalcanal, the jungles of New Guinea, Burma, and Australia. Military photos and memoirs fill his home at Waterford on Saddle Drive, and on any day George will make himself available to reminisce and recount his adventures. ■



(cont.) units in Montana and by the United States military. Attendees were captivated by the aeronautic demonstrations, including Navy Super Hornet and Air Force Strike Eagle tactical demonstrations, the U.S. Army Golden Knights Parachute Demonstration Team, and the world-famous Air Force Thunderbirds. “The Thunderbirds move in ways you never thought

possible!” said Life Enrichment/Wellness Director Erika Mendez.

Upon returning to Waterford, residents lingered on the balcony by the dining rooms and reflected on the awe-inspiring display of military technology and precision. ■



Going green— and making a difference



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

Whether they realize it or not, when residents move to a Touchmark community, they are making a commitment to conservation of resources. Environmental sustainability is Touchmark’s vision, and the individuals who work

and live in the community are the changemakers who contribute to the success of reducing the carbon footprint.

In new construction and renovation projects, environmentally friendly building methods and materials, energy sources, appliances, and furnishings are selected by Touchmark Development & Construction Company, a Touchmark subsidiary that seeks out and works with local “green” architects, developers, and builders whenever possible.

Touchmark at Coffee Creek

(Edmond, Oklahoma) has qualified for the EPA’s voluntary Green Power Partnership program. The partnership with Edmond Electric to offer “cleaner, greener” wind power to residents significantly reduces the need for fossil fuels. In fact, their current purchase of wind power to the Grandview building is equivalent to removing 121 cars from the road for an entire year or planting 186 acres of trees, according to the EPA.

At Waterford at All Saints (Sioux Falls, South Dakota), **Waterford at Harwood Groves** (Fargo, North Dakota), and **Waterford**
(cont.)

(cont.) at Fairway Village (Vancouver, Washington), recent renovations used environmentally friendly paint, carpeting, and other materials as well as energy-efficient fixtures.

Gardeners at Touchmark on West Prospect (Appleton, Wisconsin) teamed up with volunteers for a joint gardening venture this summer. At Waterford on Saddle Drive (Helena, Montana), there is a concerted effort to recycle, headed by individual residents with the support of team members.

Each resident can contribute to the effort to “Go Green” in numerous ways. Some examples are:

- ◆ Using and reusing cloth shopping bags;
- ◆ Contributing no-longer-needed items to

charitable organizations to use for fund-raising;

- ◆ Turning off lights and appliances when not in use;
- ◆ Turning down the thermostat in winter and up in summer;
- ◆ Using less water;
- ◆ Separating recyclables whenever possible;
- ◆ Taking advantage of community shuttles, buses, and other mass transportation offerings;
- ◆ Walking and cycling for better health and a healthier environment;
- ◆ Purchasing recycled products for use in the home.

Do you have other ideas for supporting a sustainable environment? Please send them to Executive Director Merry Lunde. ■

There's no place like home



Apartment 213 offers 767 square feet of living space, a private balcony, and a large storage room. Sunshine fills the southern-exposed home, and the view of the South Hills is a visual treat.

Summertime fun!



You only turn 101 once, so why not do it in style? Dorothy Randall (top photo, right and in pink) celebrates her 101st birthday surrounded by family and friends. Her son, Richard, proposed a champagne toast for the occasion, thanking Waterford residents and team members for the service and friendships his mother has found at the community. On the menu for the evening were some of Dorothy's favorites, including a tropical tossed salad, slow-roasted prime rib, and California cheesecake for dessert. The Hopeful Troubadours were on hand for musical entertainment, and after-dinner horse-drawn carriage rides were provided by Somewhere in Time.



Curious residents climbed aboard the Waterford bus for an outing to an undisclosed location. Speculation simmered as participants in a recent Mystery Ride outing attempted to unscramble the mystery of their final destination. As driver Steve Carson guided the bus in a northeasterly direction, resident George Hoynes declared, "We are going to York! I know this way, and York is around here." Participants discovered he was right as the bus pulled in to a York park for a picnic lunch. Conditions were perfect for the outing, with no wind and sunny skies. "I like the fresh air," said resident Art Merrick. Watch the Life Enrichment/Wellness calendar for the next Mystery Ride outing.



Save the date!

Celebrate Active Aging Week with Waterford!
Events are planned during the week of Monday,
Sept. 21 to Sunday, Sept. 27.

Watch for more information to come.

Coming Events

Saturday, August 8, 5 pm

Dinner out at Windbag Saloon & Grill.

Sunday, August 9, 10 am

Montana Wild West Fest, a celebration of Montana's frontier history. Kleffner Ranch. \$5 per person.

Thursday, August 13, 11 am

Gates of the Mountains boat tour. Cost: \$10.

Friday, August 14, 2:30 pm

Musical entertainment by guitarist Lee Rendernecht.

Monday, August 17, 11 am

Lunch outing to Staggering Ox.

Tuesday, August 18, 11:30 am

Ladies' Pizza & Beer.

Thursday, August 20, Noon

Men's Pizza & Beer. Forum.

Thursday, August 20, 5 pm

Birthday night with entertainment by the Covenant Players.

Tuesday, August 25, 1:30 pm

Bowling at Sleeping Giant Lanes.

Thursday, August 27, 10 am

Golf at Fox Ridge Golf Course.

Friday, August 28, 9:30 am

Philipsburg outing. Bring money for lunch and goodies.

Share your time and talents

Research continues on the positive impact of "giving back" in regard to the physical and emotional well-being of the volunteer.

Residents are encouraged to participate in a wide range of civic engagement opportunities, and they devote countless hours to community service for deserving programs and organizations. Touchmark also invites volunteers from the broader community to support activities and services.

Want to volunteer? Learn more by visiting our Web site or calling a member of the Life Enrichment/Wellness team.