



A Touchmark® community
Est. 1980

Celebrate active aging!

Join Waterford in a celebration of a healthy lifestyle. Scheduled events will encourage, motivate, and inspire you to incorporate healthy activity into your daily life—and reap the benefits.

Monday, Sept. 21

9 am: Active Aging Week introduction, including a short walk around the Waterford campus and refreshments.

2 pm: A sample of healthy, natural juice.

Tuesday, Sept. 22

10 am: One-mile walk and picnic at Spring Meadow Lake.

1 to 3 pm: Chair massages by

Gordi Ann Pippin, CMT.

Wednesday, Sept. 23

10 am: Karrie Fairbrother, RN, from St. Peter's Hospital discusses staying healthy.

7 pm: Local chapter of Mended Hearts, a national nonprofit organization, meets.

Thursday, Sept. 24

10 am: Outing to Real Food Market & Deli for a tour and lunch.

1 – 3 pm: Foot massages by licensed esthetician Karen Rowan.

3 pm: Lora Behlmer, PAC, discusses *Bringing the Botanical Bounty of the Earth to Your Skin*.

Friday, Sept. 25

9 am: Equipment demonstration with Cheryl Wooden in the Exercise Room.

10:30 am: Yoga presentation by Susan Bartanik.

1 to 3 pm: Nostalgia Party, including music, dancing, and Active Aging Week participation awards. ■



Fun happenings



The historic bold red schoolhouse inspired residents to enjoy the child within. “We had made our annual trip to the Little Red Brick School House to enjoy lunch and good company,” says Life Enrichment/Wellness Director Erika Mendez. “At one point, I was walking around the corner of the building when I spotted Margaret Snyder swinging on the swing set. Margaret shared, ‘I’ll always be a kid at heart.’ This simple, insightful phrase prompted me to drop my stuff and join her on the swing set.”

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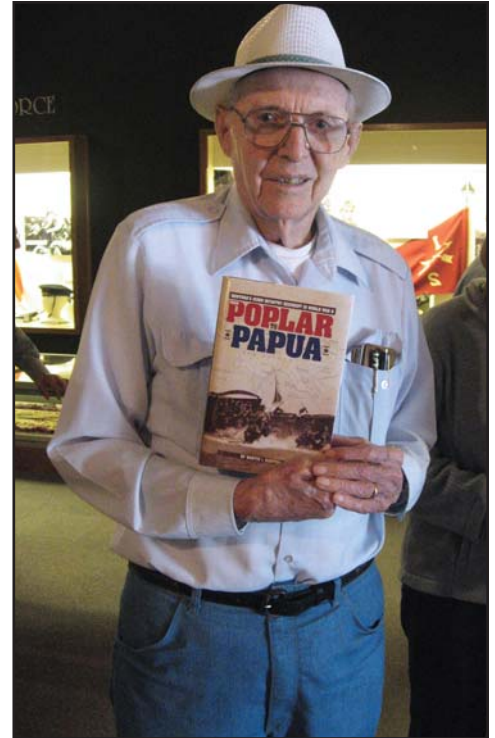
The historic Kleffner Ranch welcomed the 2009 Montana Wild West Fest. A group of residents stopped by the celebration to observe and experience reminders of Montana's frontier past, including a Wild West Town complete with cowboy poets, merchants, horse-drawn wagon rides, and old-west shootouts. A highlight of the eventful visit came when the 2nd U.S. Cavalry shot off cannons with horses speeding through the cloud of smoke.

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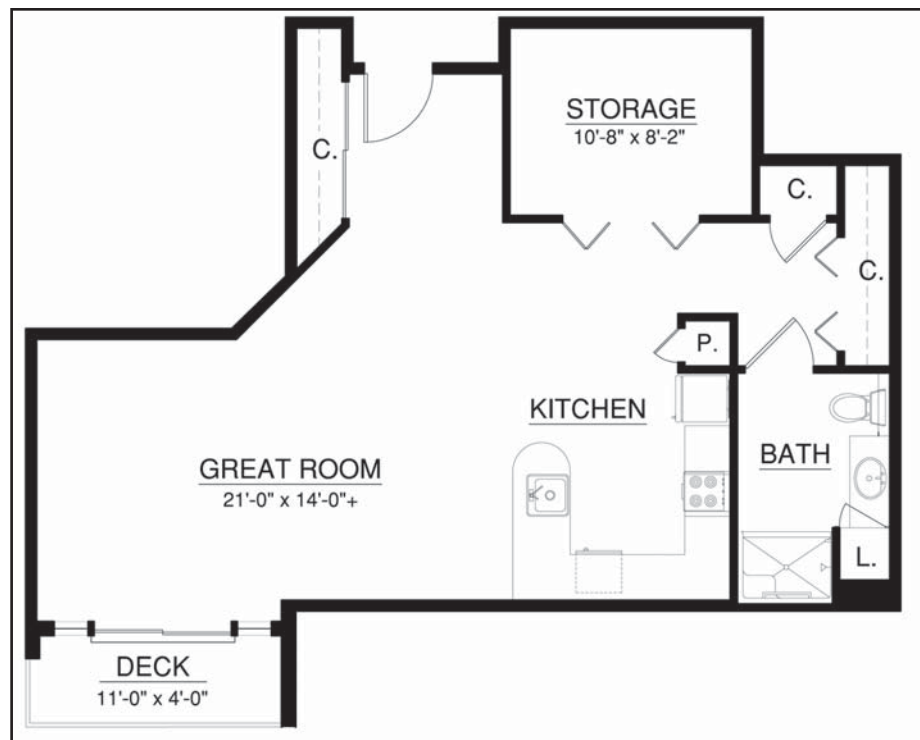


Beyond the heavily guarded walls of Fort Harrison lies the Montana Military Museum, housing exhibits that tell the story of two centuries of military experience in Montana. During the trip, resident George Hoynes shared a proud moment by telling the story of his involvement in organizing the National Guard in Malta, Montana. As a result of his work, one of the buildings at the National Guard in Malta—the Hoynes Armory—was named after him. George is pictured with the book *From Poplar To Papua: Montana's 163rd Infantry Regiment in World War II*, which includes some of his story.



Picture yourself at Waterford!

Apartment 213 is calling your name. This 767-square-foot studio offers one bathroom and a large storage room spacious enough to be used as a bedroom. Take in the view of the South Hills from your private balcony. Hurry in to stake your claim on the Waterford lifestyle!



Authors in Residence Series

Throughout 2009, Touchmark is featuring stories about authors (and their published works) who reside at Touchmark communities in the United States and Canada. The year-long series is a new aspect of Touchmark's award-winning Let Your Spirit Soar—a component of the Life Enrichment/Wellness program.

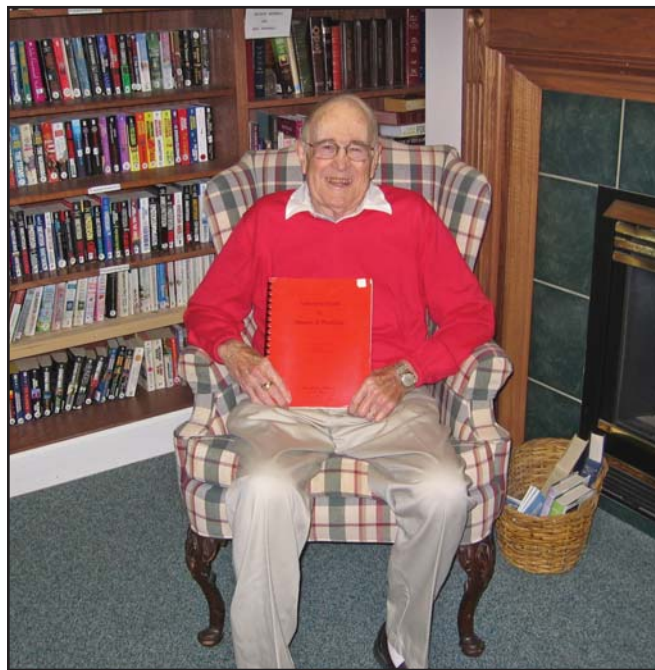
Art Merrick, PhD—veteran, scholar, researcher, author

Art did not set out to be an author of 32 scientific papers. Yet that's what he ended up doing with collaborators over his 22-year career as a college professor and researcher. He also is a co-author of a 1957 laboratory manual for physiology graduate and undergraduate students. Reflecting on the twists of his life, Art chuckles and says, "When I first went to the University of Montana I was kind of a jock, if you will. I liked to play almost every game and didn't like to study very much. I went to four years of college, and I didn't graduate."

In 1940, while he was in college he obtained a commission in the U.S. Army Reserve as a second lieutenant. "At that time, all I could really think about was the [coming] war." In December 1941, he was called to active duty. Altogether, his military career included nine years of active duty and 23 years in the Reserve.

Turning points

When he came home from the war in 1945, Art was still uncertain about what to do next and opted to stay in the military. His father advised him to look beyond



Art Merrick

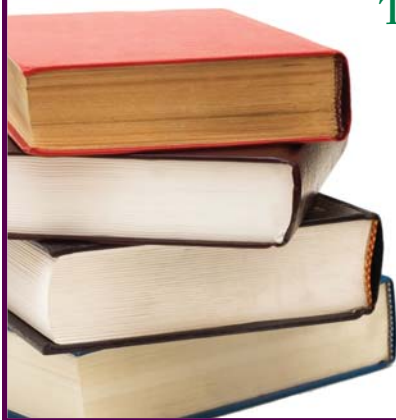
the active-duty infantry and seek advice from Senior Senator Burton K. Wheeler, a Montana senator during WWII. He assisted Art, while he was on full-time active duty in the Army to be reassigned from Infantry Replacement Training Camp duty to the Military Science Department at the University of Washington. In 1947, Art was reassigned to the Military Science Department at the University of California, Berkeley.

Hearing President Harry Truman speak at the University's 1948 commencement was another defining moment for Art. It was a powerful presentation about education. Twenty-six days later, Art was out of the Army and back in school at the University of Montana to complete his undergraduate work in Wildlife Technology, which he did in 1950.

A zest for science

"With my zoology, botany, and wildlife technology background, I was determined to use my benefits from the GI Bill to obtain a PhD." Art was headed for the School of Fisheries at the University of

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Washington with a scholarship to start his doctoral program in Limnology when the chairman of Physiology and Pharmacology at the University of Missouri persuaded him to become a physiologist. Those years led to the publication of the *Laboratory Guide for Elements of Physiology*.

Art is an inventor as well as a researcher. He has studied cardiac glycogen fractions, the effects of exercise in small laboratory animals and male college track and field athletes on certain serum enzymes, and sleep patterns in large field animals. For the last study, he and a graduate student in electrical engineering built a three-channel telemetry system to monitor electro-encephalographic information.

In the heart of research

Art taught physiology at the University of Kansas and University of Missouri School of Medicine and at Illinois State University.

Then, in the final chapter of his career, Art was recruited to serve as the executive secretary of the National Heart, Lung and Blood Institute at the National Institutes of Health. There, he reviewed grant requests for millions of dollars to determine where research dollars would be awarded.

He traveled to medical schools and universities across the country from his home in Washington, DC, to interview candidates, hear their formal presentations, and see if collaborations could be formed from the many applicants who had an interest in like fields of study. “Grants could range as high as \$250,000 in the early ’70s and ’80s, and the collaborative approach made the stakes even higher,” says Art. “My fondest memories from that time are all the learning and interaction I had with scientists and the ability to unite competing applicants in the common cause of their research focus,” he says.

Montana roots

Art and his wife June were married 64 years. Two of their five children live in Montana.

When Art decided to retire in 1985, the Institute wanted him to stay on as an advisor, but Art had different goals. “I wanted to get out and go hunting, fishing, and golfing. I wanted to spend time with my family and friends ... talk with my fellow scientists ... things I like to do.”

When it was time to look for a move to a retirement community, he and June returned to Helena. After a lot of comparative shopping, they bought a cottage home at Waterford on Saddle Drive. The two Montana natives were back to stay.

Today, Art serves as president of Waterford’s Resident Council and is active in the Life Enrichment/Wellness program offerings. And his quest for continuing knowledge is as active as ever. ■

Coming Events

Monday, September 14, 10 am

Sunshine, Food, & Life Enrichment/Wellness Committee meeting. Forum.

Monday, September 14, 11:30 am

Parkinson’s Support Group. Forum.

Monday, September 14, 2:30 pm

Newcomers’ Social. Sip on Italian cream sodas while getting to know your new neighbors. Forum.

Tuesday, September 15, 9 am

Men’s Breakfast at Perkins. Please sign up in advance.

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Laughter and ice cream—a perfect combination for afternoon fun! Satisfy your sweet tooth with an ice cream cone while watching *The Carol Burnett Show*. Forum.

Wednesday, September 16, 2 pm

Musical entertainment by Doreen Greg. Forum.

Wednesday, September 16, 5 pm

Mystery Dinner. Please sign up in advance.

Friday, September 18, 7:30 pm

The Grandstreet Theatre presents *High School Musical*. Please sign up in advance. Cost: \$14.

Saturday, September 19, 6:45 pm

Opening night at the Helena Symphony.

Helena Civic Center.

Friday, September 25, 1 to 3 pm

Nostalgia Party, featuring music, dancing, refreshments, and awards. Forum.

Saturday, September 26, 10 am

Mystery Drive and Brown Bag Lunch. Please sign up in advance.

Monday, September 28, 10 am

Resident Council meeting. Forum.

Tuesday, September 29, 11 am

Ladies' Lunch at Montana City Grill. Please sign up in advance.

Wednesday, September 30, 2 pm

Learn to play the Nintendo® Wii. Forum.

Proactive aging



Marge Coalman, EdD

Vice President of Wellness & Programs,
Touchmark

“Today, gerontologists are discovering that age in years doesn't necessarily correlate with physiological age. In fact, normal physiological aging is quite variable.”

—*Baltimore Longitudinal Study of Aging*

Over the past century, we have added 30 years to our life expectancy. The challenge is to ensure the quality of life during those years. The scientific community is in agreement about the successful strategies that need

to be practiced by all of us to influence the quality of the aging process: exercise, a healthy diet, intellectual curiosity and stimulation, social engagement, and spiritual nourishment.

There are, however, several barriers that influence participation in this winning combination. Barriers include lack of access to appropriate programs and services, lack of social and emotional stimulation in the individual's environment, a belief that it is too late to change, and a lack of encouragement and motivation for making difficult changes.

All of these barriers have been considered in Waterford's Life Enrichment/Wellness programming:

- Access to programs and services is evaluated and improved on an ongoing basis;
- Social, intellectual, and vocational opportunities are provided in a variety of choices for each resident, based on his/her interests, strengths, and skills;
- Encouragement and motivation are provided and supported by professional staff and peers, who mentor and encourage residents as they (cont.)

(cont.) make positive, practical choices for improved health and well-being.

September is Healthy Aging® month, and all Touchmark/Waterford communities will participate in Active Aging Week, September 21-27, 2009. Events and activities will be featured to broaden awareness of the positive aspects of aging and to inspire participants of any age to improve their physical, mental, social, spiritual, and vocational well-being.

For information on Waterford on Saddle Drive's events, see the article on page one and check with the Life Enrichment/Wellness team members. Join residents and invited guests—and celebrate proactive aging! ■

Mining for words

Inside the word CHEERIOS are several other words that are made up of two or more letters. For example, core can be found in the word Cheerios. Find as many words as possible.

_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Answers (this is not a complete list, other answers are possible): ore, is, she, he, hi, cheer, echo, choir, heir, chore, ice, here, hero, rice, sheer, rich, hire, rise, score, shoe, sore.