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An awe-inspiring afternoon on the Missouri

Over 200 years ago, the members of the Lewis and Clark expedition found themselves gazing at some of the most impressive rock formations they'd ever encountered. Meriwether Lewis named this place along the Missouri river—not far from present-day Helena—Gates of the Mountains.

Waterford residents recently surveyed these awe-inspiring rugged cliffs during a boat tour along a stretch of the Missouri River. The sunny weather created a clear view of the terrain, which remains virtually unchanged since the expedition first traveled through the area.

As the group drove to the marina and upon seeing the famous Sleeping Giant mountain formation, resident Perry Bracket shared his story of hiking to the top of the giant's "nose" in 1991.

The group shared a picnic lunch before boarding the boat. "I (*cont.*)



(cont.) have never seen that before,” said Betsey Doering upon seeing a man jump off a rock into the river. At one point during the tour, the boat hugged the shoreline to allow passengers the opportunity to see Native American pictographs that were painted on the rock walls long before Lewis and Clark traversed the area. ■



Fall ... a time for change



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

“Happiness is not something you postpone for the future; it is something you design for the present.”

—Jim Rohn, author, *The Art of Successful Living*

As the days grow shorter, and the leaves blaze with fall colors, it is time to renew body and spirit and to make commitments and decisions that support healthy living. Many older adults have spent years sacrificing and storing goods and resources for the “autumn years.” Yet, when it is time to access those resources, to make positive changes, it feels unnatural for many to focus on their own needs rather than those of their family members or friends and neighbors. In reality, the gift of putting oneself first can be the most important gift to loved ones.

Healthy aging requires evaluating the components that determine the quality of each experience, each day, and each opportunity to thrive not just survive. Most adults admit a desire to maintain control over their lives. In order to preserve control, though, it is important to be surrounded by individuals and environments that support one’s goals and resources. Here are a few questions designed to help evaluate your situation.

How strong am I? Are you strong enough to get through the requirements of each day? If not, try to determine what it would take to make that possible. Downsizing, taking advantage of available transportation support; assistance with housekeeping or exterior home chores might all be part of the solution. Lifestyle changes also may play a role; exercise, nutrition, and rest are three areas to explore.

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(cont.) **How happy am I with my relationships with friends, neighbors, and family?** When our peer group changes, we are often left with a schedule void of meaningful interactions, shared confidences and plans, and spontaneous moments. Those valued moments may be replaced by empty hours. If that is the case, it may be time to reach out for new activities, liaisons, and/or social opportunities.

Do I have trusted advisors? Doctors, lawyers, financial advisors, and spiritual leaders are critical to our well-being and informed decision making—not to mention helpful for a good night's sleep. Individuals serving in these roles are not guaranteed a lifetime appointment. Evaluate the results of these important relationships, and don't be afraid to make changes, if needed.

What else can I do to support a healthy aging process? Sharing your life wisdom and skills is vital to *your* well-being as well as the well-being of those around you. Stay connected. Give back to others. Use your valuable attributes and enrich others' lives ... reach out for those opportunities.

At Waterford, the Life Enrichment/Wellness program provides opportunities to connect with all of the support and services needed to answer these questions with a positive response and outcome. For additional information on opportunities—both to give and receive services—contact Director of Life Enrichment/Wellness Erika Mendez. ■

Cozy up to the Waterford lifestyle



The view of the Helena Valley and Big Belt Mountains alone is enough to make this home special. Add on Waterford's retirement lifestyle and Life Enrichment/Wellness calendar, and you have found a slice of retirement paradise. This one-bedroom, one-bathroom home offers 753 square feet of living space. Call or stop by today and discover why, "It's a great day at Waterford!"

Coming Events

Thursday, Oct. 1, 2:30 pm

Oktoberfest celebration. Get into the German spirit while enjoying beer and pretzels. Lobby.

Friday, Oct. 2, 2 pm

Watch *Singin' in the Rain* and enjoy hot cider and cookies in the Parlor.

Monday, Oct. 5, 11:30 am

Ladies Pizza and Beer in the Forum.

Tuesday, Oct. 6, 5:30 pm

Better Living Series. Bone Up on Osteoporosis. St. Peter's Hospital. Sign up in advance.

Thursday, Oct. 8, 2 pm

Spooky cupcake decorating. Garden Wing.

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Saturday, Oct. 10, 6:45 pm

Live! At the Civic presents Saxophobia. Civic Center Auditorium. Sign up in advance.

Monday, Oct. 12, 2 pm

Columbus Day celebration with boat sundaes. Forum.

Tuesday, Oct. 13, 2:30 pm

Beer Tasting From Around the World. Private Dining Room. Seating is limited to 10 people.

Saturday, Oct. 17, 10 am

Shopping outing to Target. Please sign up in advance.

Monday, Oct. 19, 9 am

Men's and Ladies' Breakfast at Perkins. Sign up in advance.

Thursday, Oct. 22, noon

Men's Pizza and Beer in the Forum.

Thursday, Oct. 22, 2:30 pm

Music by Nadine Copley. Forum.

Monday, Oct. 26, 10 am

Resident Council meeting in the Forum.

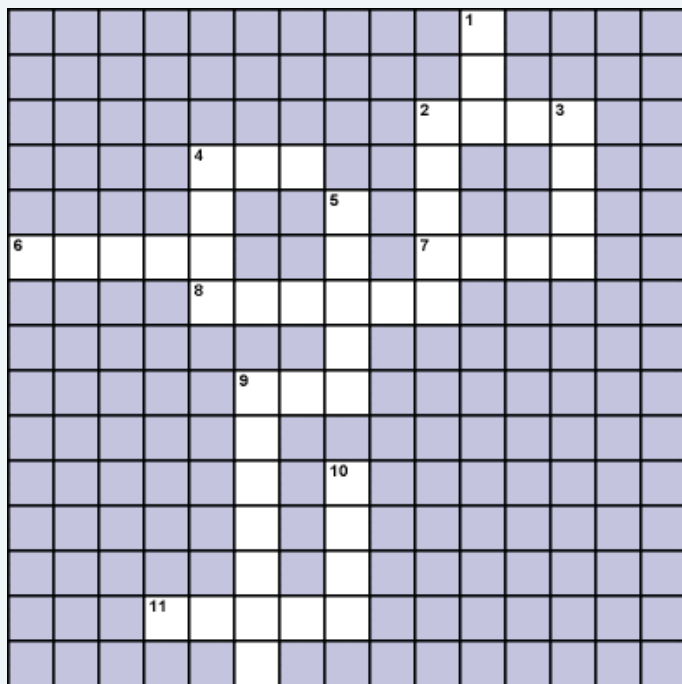
Wednesday, Oct. 28, 2 pm

Halloween party in the Forum. Costumes are encouraged.

Friday, Oct. 30, 2 pm

Trick-or-Treat at Waterford. Lobby.

Crossword Homophones



Find the word that has the same sound as the clue but is spelled differently.

Across

- 2. red
- 4. by
- 6. clothes
- 7. our
- 8. wait
- 9. aunt
- 11. there

Down

- 1. sea
- 2. write
- 3. dear
- 4. blue
- 5. knight
- 9. aloud
- 10. for

Answers

Across: 2. Read; 4. Buy; 6. Close; 7. Hour; 8. Weight; 9. Ant; 11. Their.
Down: 1. See; 2. Right; 3. Deer; 4. Blew; 5. Night; 9. Allowed; 10. Four.

Recently on the Waterford calendar ...



After a bus ride to Philipsburg and lunch at Doe Brothers Soda Fountain, residents converged upon the Sweet Palace to find their favorite sweets and treats. Resident Fritz Weed (top) purchased 10-plus pounds of black licorice from all over the world (the Australian variety is his favorite).

A trip to the local farmer's market offers residents the chance to purchase fresh produce and local treats. Fresh plants and flowers, vegetables, fruit, syrups, and jams are popular items. Patty Morris says, "I found the peaches that I used to buy. I haven't been able to find them at the store." Audrey Hood and Ellie Furbush (pictured above) found a ladies' shirt made out of metal and commented how it would be too heavy to wear.

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Helena? Or Hawaii? They were one and the same at a recent birthday night gathering. Beach towels, pineapples, and coconut trees added a tropical flair to the festivities, with residents getting into the spirit and dressing in their favorite island wear. Life Enrichment/Wellness Assistant Christel Rowan stirred up some festive pina colodas and sea breezes for residents to enjoy while they sang along to rhythmic tunes, featuring Retirement Counselor Brian Johnson.

It's flu season

—**Winona Phelps, RN**

Touchmark Nurse Consultant

It seems like every day brings news about influenza. This year, there is even more heightened awareness due to the emergence and news coverage of H1N1 flu.

The symptoms of seasonal flu and H1N1 are similar and include fever, headache, fatigue, cough, runny or stuffy nose, sore throat, body aches/chills. Some people who have H1N1 may also experience nausea, diarrhea, vomiting, and sudden dizziness.

We are recommending vaccination against seasonal flu and H1N1 as outlined by the Centers for Disease Control (CDC) vaccination priority lists. We also encourage you to stay informed of any new information. Two good Web sites are www.cdc.gov or www.flu.gov

At all times, it is important to practice healthy lifestyle habits, such as:

- Cover your nose and mouth if you cough or sneeze—viruses spread person to person through droplet infection.
- Avoid touching your eyes, nose, and mouth.
- Wash your hands thoroughly and often. Alcohol-based hand gels also are effective against the flu virus, and it's helpful to have those on hand—and to use them.
- Eat a balanced diet and drink plenty of water.
- Get enough sleep, typically seven or more hours each night.
- Stay home if you are sick and wait at least 24 hours after fever is gone without the use of medications before you return to work or socialize with others.
- Avoid contact with sick people.

Check with your doctor if you experience any of the flu symptoms listed above. Seek medical treatment at

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(cont.) once if you experience more severe symptoms, such as shortness of breath, difficulty breathing, signs of lower respiratory illness, or worsening symptoms.

There are antiviral medications your doctor may decide are appropriate for you that can help to shorten

the duration as well as the severity of symptoms and can help prevent complications, including pneumonia.

Above all, remember that most people recover from a flu illness after a few days. Take care of yourself and be well! ■

Celebrating an active lifestyle



Waterford's Active Aging Week offered a variety of activities, including a one-mile walk and picnic at Spring Meadow Lake, chair massages by Gordi Ann Pippin, CMT, informative presentations, fitness classes, and more. The celebration was part of Active Aging Week, an annual health promotion event organized by the International Council on Active Aging to promote healthy and active lifestyles.