



A Touchmark® community
Est. 1980

A warm welcome to the community



The Waterford community extends a warm welcome to eight new residents at a recent welcoming reception. Barbara Hunter introduced all the new residents, including information about where they were born, their work history, family history, and hobbies. Over 40 residents attended the reception to meet their new neighbors. The Forum was festively decorated with autumn colors, and participants nibbled on pumpkin cookies, raspberry bars, and lemon cookies while sipping hot apple toddies. Newcomer Sybil Dodge was tickled with the welcome. "What a nice party to welcome me!"

Ring in the new year in your new home!



Leave behind worries about frozen pipes and shoveling snow as you live the good life at Waterford. Located in the main building, apartment 203 offers one bedroom, a den, and 900 square feet of living space. When the weather outside is frightful, you'll be cozy inside this comfortable apartment overlooking the South Hills. Call or stop by today for a personal presentation.

Nurturing our spiritual selves



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

“The spiritual is not one dimension among many in life; rather, it permeates and gives meaning to all life. The term spiritual well-being, therefore, indicates wholeness in contrast to fragmentation and isolation.”

—Thorson and Cook, 1980, *National Interfaith Coalition on Aging*

In balancing our time, energy, work, recreation, family responsibilities, community commitments, and daily tasks, sometimes the last priority is the nurture and care of our spiritual selves. In fact, sometimes we run out of day before we run out of “have-tos” that are all outside the domain of spiritual nurturing.

How important is it for us to nurture our spiritual selves? According to David Moberg and other prestigious researchers who are part of the National Interfaith Council on Aging (NICA), “spiritual well-being is the affirmation of life in a relationship with God, self, community, and environment.”

How is it that we don't quite get around to the self-support of that important leg of the mind, body, spirit triangle? For many, it is simply too difficult to schedule personal spiritual enrichment as a “must.”

In all research conducted in the area of spiritual well-being and healthy aging, the results show less isolation, loneliness, despair, hopelessness, sadness, and unresolved grief in individuals who self-report they have a spiritual

connection. Overall, they also report better health and daily function. Depressive disorders are less prevalent in this same population.

During this busy holiday season when commitments and activities often accelerate, Waterford on Saddle Drive encourages you to nurture and care for your spiritual self and join us for any and all of our spiritual events and offerings. For more information on scheduled classes, services, and special events, contact Life Enrichment/Wellness Director Erika Mendez. ■

What's the caption?



Touchmark is introducing a humor feature in the newsletters. This month's selection requires some creative thinking. Write a funny caption for the photo above and submit it, along with your name, to the Life Enrichment/Wellness team. A few captions will be selected to run with the photo in next month's newsletter.

Here's a sample caption: Hey, I can't lose! If my score is low, I'll say I was golfing. If it's high, I'll say I was bowling. I'll win every time!

Enjoying a night out



A group of residents enjoys a recent Mystery Dinner outing at Jorgenson's Restaurant. In the days leading up to the event, several residents tried to get Life Enrichment/Wellness Director Erika Mendez to "spill the beans" on the secret destination, but she kept it a secret to the end.

Coming Events

Tuesday, Dec. 1, 5:30 pm

Better Living Series.
Managing the Stress. St. Peter's Hospital. Please sign up in advance.

Thursday, Dec. 3, 10 am

Festival of the Trees at the Helena Civic Center. No charge.

Friday, Dec. 4, 2 pm

Make your own ornament for the Waterford Christmas tree. Forum.

Saturday, Dec. 5, 10 am

Montana Historical Museum exhibit *Land of Many Stories*. \$5 per person. Please sign up in advance.

Sunday, Dec. 6, 2:30 pm

Enjoy the holiday classic *Miracle on 34th Street*. Forum.

Sunday, Dec. 6, 6:45 pm

The Helena Symphony performs *Handel's Messiah* at the Cathedral of St. Helena. Ticket prices range from \$20 to \$50. Please sign up in advance.

Monday, Dec. 7, 2 pm

Sip eggnog while decorating the Waterford Christmas tree. Forum.

Tuesday, Dec. 8, 9:30 am

Leave for shopping at Target. Please sign up in advance.

Thursday, Dec. 10, noon

Victorian Holiday High Tea. Forum.

Saturday, Dec. 12, 6:30 pm

The Grandstreet Theatre presents *Alice in Wonderland*. Cost: \$14 per person. Sign up in advance.

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Sunday, Dec. 13, 2:15 pm

The Helena Symphony presents *The Nutcracker* with Queen City Ballet. Helena Civic Center. Tickets range from \$12 to \$50 per person.

Tuesday, Dec. 15, 9 am

Breakfast at JB's Family Restaurant. Please sign up in advance.

Tuesday, Dec. 15, 2 pm

Christmas and holiday presentation by Ellen Baunler of the Montana Historical Society. Forum.

Wednesday, Dec. 16, 1 pm

Decorate Christmas cookies with Chef Adam. Forum.

Wednesday, Dec. 16, 6:45 pm

The Helena First Assembly of God sings carols.

Monday, Dec. 21, 2:30 pm

Resident Christmas and Holiday Party. Music by Moodswings Corte. Forum.

Tuesday, Dec. 22, 7 pm

Outing to see the town's Christmas and holiday lights. Please sign up in advance.

Thursday, Dec. 24, 10 am

Movie Matinee. *The Nativity*. Forum.

Thursday, Dec. 24, 2 pm

Music by the Fields Family. Lobby.

Saturday, Dec. 26, 2 pm

Travelogue. *Travel the World—Germany*. Forum.

Monday, Dec. 28, 11 am

Lunch at Pizza Hut. Please sign up in advance.

Thursday, Dec. 31, 4 pm

Ring in the new year with pomegranate champagne cocktails and appetizers. Forum.