



A Touchmark® community  
Est. 1980

# Celebrating Moments of Pride: Love nourishes and gives

*The 2010 theme for the award-winning Life Enrichment/Wellness program is Moments of Pride. Throughout the year, Waterford will feature photos and stories that highlight moments of pride for residents and team members.*



Joe and Dorothy Glass have been married for 67 years. Dorothy shares the secrets of their successful marriage: “Listen to each other. Do not go to bed angry,” says Dorothy. “This is a 50-50 relationship; it is a give and take. I give and Joe takes,” she adds with a smile. “He is my best friend, too.”

Executive Chef Adam Mendez makes Caldo de res soup and chicken tomatillo nopales (cactus) soup for Empty Bowls, the Friendship Center’s annual fund-raiser for victims of domestic violence. Featuring ceramic bowls made by local artists and tasty soups from local restaurants, the event helps support the safe haven and broad range of services provided by the center.

## Coming Events

Contact a Life Enrichment/Wellness team member for additional details, including registration and transportation information.

**Saturday, April 3, 11 am**  
Easter Egg Hunt with 1,000-

plus eggs. Enjoy hot dogs, chips, punch, and hot chocolate. Waterford front lawn.

**Monday, April 5, 2:30 pm**  
April is National Garden Month. Spring planting

with tomatoes, chilies, and flowers. Planting will be indoors this month and outside in May. Forum.

**Tuesday, April 6, 10 am**  
Baking class. Stop by to make and eat (cont.)

(cont.) chocolate chip cookies.  
Garden Wing.

**Tuesday, April 6, 5:30 pm**  
Bus leaves for Better Living Series presentation at St. Peter's Hospital. The presentation is *Coping with Cancer*. Dinner will be served early for those attending.

**Friday, April 9, 2 pm**  
April Trivia. The topic will be library trivia. Parlor.

**Monday, April 12, 11:30 am**  
Parkinson's Support Group. Open to the public. Forum.

**Tuesday, April 13, 4 pm**  
Carroll College Jazz Singers perform. Lobby.

**Wednesday, April 14, 3:30 pm**  
Spring crafts with children

from St. Mary's Church. Forum.

**Friday, April 16, 10 am**  
Bus leaves for the local library.

**Saturday, April 17, 6:45 pm**  
Bus leaves for the final Live! At the Civic performance of the season—*Rave On, a Buddy Holly tribute*. Ticket prices start at \$20. Please sign up in advance.

**Monday, April 19, 2:30 pm**  
Montana Association for the Blind meeting. Open to the public. Forum.

**Tuesday, April 20, 2:30 pm**  
Jeffrey Fife, DC, discusses fall prevention. Forum.

**Wednesday, April 21, 5 pm**  
Volunteer Appreciation Dinner in the Forum.

**Friday, April 23, 10 am**  
Book Club. Garden Wing.

**Saturday, April 24, 6:45 pm**  
Bus leaves for Helena Symphony Masterworks Concert VI: Annual Evening at the Opera—*Barber of Seville*. Ticket start at \$20. Please sign up in advance.

**Monday, April 26, 10 am**  
Resident Council meeting in the Forum.

**Wednesday, April 28, noon**  
Steve Raines plays the organ in the dining room during lunchtime.

**Wednesday, April 28, 7 pm**  
Mended Heart Meeting in the Forum.

# 2010

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## 20 Tips to Wellness You Can Do in 10 Minutes™

*Team members and residents are gathering and sharing wellness tips for moments of engagement that can be done in 10 minutes or less. These tips cover all six dimensions of wellness (physical, social, intellectual, emotional, spiritual, and vocational) that are needed to nurture the whole person.*

- Start a craft project.
- Start a downsizing project.
- Call a sibling or longtime friend and reminisce about childhood.
- Invite a friend to lunch.
- Decorate your home for a holiday.
- Take a nap.
- Hug someone.
- Try a new food.
- While watching television, take a stress ball and squeeze it with one hand for a count of six. Switch the ball to the other hand and repeat.
- Read a funny book or magazine.

## Spring into the good life!



Ahh ... spring has sprung in the Helena Valley, and the sunshine is pouring into apartment 364. Located in the main building, this two-bedroom, two-bathroom, 1,122-square-foot apartment features a fireplace. Enjoy retirement living in a beautiful setting surrounded by friends and fun, rewarding pursuits. Call or stop by today.

## Moments of Pride—in the future



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

*“What a difference a generation makes. Yes, there have always been people who lived to be very old, but never before have so many people lived so long—and never before have so many lived so strong.”*

*—Jack Rosenthal, president of the New York Times Company Foundation and chairman of ReServe*

The 2010 Moments of Pride theme for Touchmark’s 11 communities is not just about the past. It is very much about the present and the future. Longevity may

be the most important contributor to solving many—if not most—of the world’s current problems. The wisdom and life experience of older adults around the world can and does make a difference in solving some of the most perplexing problems, such as poverty, the environment, and even world peace.

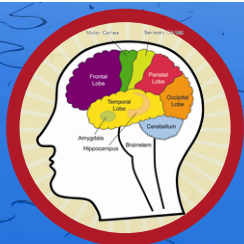
ReServe is a fast-growing nonprofit organization of older adults dedicated to fulfilling the mission of using lifetime skills to give back to society. So far, it has enlisted 1,000 older adults in New York who are eager to volunteer their talents and time. Now ReServe is about to go national—and hopefully international in the future. Its goal is to find partners in other cities who also recognize the value of enhanced longevity.

In addition to ReServe, other similar organizations include Civic Ventures, Experience Corps, and many others. All of them match the mission of the Civic Engagement category of the Full Life Wellness & Life Enrichment Program at all Touchmark communities. Resident and team member volunteers are active in all locations where Touchmark has a presence. Partnering with the greater community in cities in the United States and Canada is a tradition that creates moments of pride and also makes a lasting difference to *(cont.)*

(cont.) both the volunteers and the surrounding city.

If you are interested in serving as a volunteer at a Touchmark community or the surrounding community, contact a member of the Life Enrichment/Wellness team to find a suitable outlet for your talents, time, and skills. It is true that “if it is going to be, it is up to me” ... not someone else. ■

# Brain Builders



Change one letter in each word to make a new word. The theme is food. The first two are done for you.

- |                      |                  |
|----------------------|------------------|
| 1. DREAD: __ bread__ | 10. SOUL: _____  |
| 2. MILL: __ milk__   | 11. EGO: _____   |
| 3. BATTER: _____     | 12. BATON: _____ |
| 4. HEAT: _____       | 13. HAT: _____   |
| 5. MEET: _____       | 14. RIDE: _____  |
| 6. BORN: _____       | 15. STEAL: _____ |
| 7. DEMON: _____      | 16. DISH: _____  |
| 8. FORK: _____       | 17. TUNE: _____  |
| 9. REEF: _____       | 18. OATH: _____  |

- ANSWERS
- |           |          |           |           |
|-----------|----------|-----------|-----------|
| 1. bread  | 5. meat  | 9. beef   | 14. rice  |
| 2. milk   | 6. corn  | 10. soup  | 15. steak |
| 3. butter | 7. lemon | 11. egg   | 16. fish  |
| 4. beat   | 8. pork  | 12. bacon | 17. tuna  |
|           |          | 13. ham   | 18. oats  |

## “The [south] hills are alive with the sound of music ...”



The Senior Singers gather with resident Betty Apple on the piano. Norma Andriola joked, “If you want everyone to leave, then I’ll start singing.” The community also enjoyed the beautiful music of pianist Nadine Copley, who visits on a monthly basis. Steve Raines played the organ during a recent noon meal. Residents tapped their feet and sang along to the music. George Hoynes said, “This is so nice. He plays very good music.”



Erin Go Bragh! The Not Seldom Paid Musicians get residents in the Irish spirit at Waterford’s St. Patrick’s Day celebration. Revelers nibbled on pretzels and sipped green beer and soda. “I love this music,” said Norma Andriola as she danced along to the Irish tunes. “It makes me think of my Uncle Joe!”

## Recent events



**Bingo!** Children from St Mary's Church play bingo with residents at a recent intergenerational gathering. The children and adults paired up to help one another find the numbers on their cards. Mary Mattson had a wonderful time with her buddy, saying, "I'd rather have her win than me. I enjoyed all the kids that came to play bingo with us."



"My mom used to do this, not me," laughs Renard Hanson (right) during a recent needlepoint class. "I can't believe I'm doing this. I am doing a good job!" Participants are working on a flower, a garden, or an animal needlepoint project. The class meets every Friday at 10:30 am in the Hobby room. When the residents are finished, they will make a pillow or put their needlepoint creation in a picture frame. All projects will be entered in the County Fair in July.

## A sampling of captions

*Last month, team members and residents submitted their funny captions to accompany this photo. Here's a sample from various communities.*



**“Stick ‘em up! This a robbery.”**  
~ Resident Marion VanDinter

**“Lord, please shoot that ground hog!”**  
~ Receptionist Gail Tramelli

**“Hallelujah.”**  
~ Resident Nancy McLaughlin

**“What’s the big deal. We didn’t mean to do it.”**  
~ Resident Larry VanZummeren

**“Thank you ladies and gentlemen, and for our next number ...”**  
~ Resident Clare Peters

## Time with the guys



Beer, pretzels, and pool bring the guys together for the men’s gatherings. “This is so nice,” says resident Joe Glass (not pictured). “I am glad that you are getting more men’s activities going here.” The next social is Thursday, April 22 at 6:30 pm in the Forum.