



A Touchmark® community  
Est. 1980

# Celebrating the USA



Members of the Montana Army National Guard demonstrate a flag-folding ceremony. The history of the flag was read, and the significance behind each fold was explained. Resident Rhoda Dance had tears in her eyes, saying, “Every time you come here to do this, it touches my heart, and I remember my husband. Thank you.”

## I remember when ...



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

**“Learn from yesterday, live for today, and hope for tomorrow. The important thing is to never stop questioning.” — Albert Einstein**

So many shared moments of pride and defining events associated with strong emotions start with the phrase, “I remember when ...” As we come to the season of patriotic pride for Americans and Canadians,

there is value in remembering historic examples of our countries’ abilities to come together for the greater good of all.

Following the bombing of Pearl Harbor, U. S. President Franklin D. Roosevelt talked to Americans about the need for sacrifice—a sentiment echoed by England’s Prime Minister Winston Churchill and Canada’s Prime Minister William Lyon Mackenzie King.

Speaking to all of us—citizens of all ages—these leaders emphasized the need for sacrifice on behalf of the war effort. They talked about the unforeseen cost of defending liberty and freedom. They encouraged everyone to consume less, conserve more, and give up what might be considered “luxuries.” They stressed that we would need to cope with scarce resources of day-to-day staples and necessities.

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(cont.) In today's world of economic turbulence and worldwide concerns regarding natural resources and conservation, it would serve us well to simplify, sacrifice, share, and serve. In lands of plenty, there are millions who do not have enough food, clothing, and shelter.

Touchmark's Full Life Wellness & Life Enrichment Program encourages all residents and team members to conserve, recycle, share, and volunteer to enhance the well-being of ourselves and others. To find out about opportunities at Waterford, contact a member of the Life Enrichment/Wellness team.

You *can* make a difference. ■



Whether it is recycling or packing food boxes, the Touchmark community lives its mission of enriching people's lives.

## Have fun in the sun at Waterford



This 1,520-square-foot cottage home at 923 Saddle Drive offers plenty of room for visitors and hobbies, with easy access to all the community amenities. Hurry in and stake your claim on this two-bedroom, two-bathroom home.

### Apartment 119

Apartment 119 is conveniently located on the first floor near the fitness room. The 659-square-foot home has one bedroom and one bathroom. Call or stop by today for a personal presentation.

## Just for laughs!



Add laughter to your life. Click the link below to watch a YouTube video of Brenda Edmonds demonstrating Laughter Yoga at an international training for Touchmark staff. Brenda is the Life Enrichment/Wellness director at the Touchmark community in Edmonton, Alberta, and is certified to lead Laughter Yoga. To learn more about Laughter Yoga, visit [www.laughteryoga.org](http://www.laughteryoga.org).

[Click here to watch the video.](#)

## Coming Events

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

### Tuesday, July 6, 10 am

Hearing Aid Institute Clinic. Stop by for hearing aid checks, battery changes, and to schedule an appointment for a hearing test. Library.

### Friday, July 9, 10 am

Depart for library outing. Please sign up in advance.

### Monday, July 12, 11:30 am

Parkinson's Support Group. Forum.

### Wednesday, July 14, 2:30 pm

Wii games are back! Forum.

### Friday, July 16, 2:30 pm

Beers From Around the World. No charge. Forum.

### Saturday, July 17, 7:15 pm

Depart for Symphony Under the Stars at Carroll College. Cost: \$20 for reserved seats. Please sign up by Friday, July 9.

### Monday, July 19, 6:15 pm

Bus departs for Helena Brewers vs. Orem Owls game. Ticket prices range from \$6 to \$15.

### Friday, July 23, 10:30 am

Depart for Last Chance Tour Train outing. Please sign up in advance. Cost: \$7 per person. Please wear a hat and sun protection.

### Monday, July 26, 10 am

Resident Council meeting. Forum.

### Tuesday, July 27, 5 pm

Depart for dinner at RJ's Montana Steakhouse in Clancy. Please sign up in advance.

### Wednesday, July 28, noon

Lunch music by Steve and Jim. Dining Room.

### Thursday, July 29, 11 am

Bus leaves for Last Chance Stampede and Fair. Enjoy a picnic lunch and exhibits with your friends and neighbors.

### Saturday, July 31, 10 am

Depart for outing to the Helena Farmers' Market.

# 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.

- Meditate.
- Try a new recipe.
- Lift weights.
- Read a new book.
- Stretch.
- Do 10 minutes of yoga poses.
- Answer an e-mail.
- Walk for 10 minutes.
- Teach someone a certain dance.
- Say a prayer.

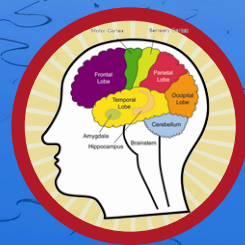
# Celebrating Moments of Pride: 46 years of love

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.



Jean and Clarence Sherlock have been married for 46 years. They have three children, three grandchildren, and seven great-grandchildren. Clarence worked for Boeing for 27 years before retiring. He was born and raised in Toston, while Jean is a native of Butte. The couple lived in Enumclaw, Washington, for 25 years before moving back to Montana. Jean is a Past Matron of The Order of the Eastern Star, and Clarence is a Masonic Past Master. They worked to establish the Junior Achievement Award Scholarship to benefit young men and women in Boulder.

## Brain Builders



Do these math problems as fast as you can.

- |                 |                   |                   |
|-----------------|-------------------|-------------------|
| 1. $8 - 5$      | 9. $32 + 36$      | 17. $11 - 2$      |
| 2. $9 + 26$     | 10. $7 - 2$       | 18. $1 \times 4$  |
| 3. $29 - 1$     | 11. $3 \times 10$ | 19. $33 + 9$      |
| 4. $9 + 9$      | 12. $12 + 30$     | 20. $22 - 6 + 1$  |
| 5. $27 - 20$    | 13. $18 - 9$      | 21. $16 + 13$     |
| 6. $2 \times 7$ | 14. $0 \times 5$  | 22. $25 \times 1$ |
| 7. $5 \times 5$ | 15. $1 + 6 - 2$   | 23. $2 \times 3$  |
| 8. $20 - 10$    | 16. $40 - 25$     | 24. $26 + 36$     |

- |        |        |        |       |
|--------|--------|--------|-------|
| 24. 62 | 18. 4  | 12. 42 | 6. 14 |
| 23. 6  | 17. 9  | 11. 30 | 5. 7  |
| 22. 25 | 16. 15 | 10. 5  | 4. 18 |
| 21. 29 | 15. 5  | 9. 68  | 3. 28 |
| 20. 17 | 14. 0  | 8. 10  | 2. 35 |
| 19. 42 | 13. 9  | 7. 25  | 1. 3  |

Answers:

## Waterford happenings



Children from the Helena Public Schools' PEAK program play bingo with residents. The children called out the numbers and served lemonade and cookies.

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Residents gather in the lobby to visit with neighbors during a recent wine and cheese social. Resident Mary Mattson “tickled the ivories” to provide musical entertainment during the event. Doris Buswell (pictured) helped decorate the tables, and Executive Chef Adam Mendez assembled platters of cheese, crackers, and meats. Dorothy Randall said, “I enjoy this type of event, especially when you get a nice glass of wine.”



Jane Beasley, owner of Birds and Beasleys, brought different types of birds and flowers and talked with about 15 residents. “I enjoyed coming to hear Jane talk about the birds,” said Martha Johnston. “She has some wonderful stories.” Gladys Reiman and Marge Mihelish looked through a binder with pictures of different types of birds that Jane painted.