



A Touchmark® community  
Est. 1980

# Fantastic fishing



Residents wait for a telltale tug on their lines. The Men's Fishing Trip, an annual tradition, is a highlight of the summer. Representatives from Capital Sports provide all the equipment and expert advice. One of the first off the bus, Fritz Weed said, "I want to make sure I get a good seat. I am catching a fish today!" The fishermen enjoyed a bratwurst and sauerkraut lunch.

## Recent events



While the men fish, the ladies, including Norma Spear, gather for a Ladies' Business Expo. Representatives from Scentsy, Optical Services, Tupperware, Watkins, Arbonne, Cookie Lee Jewelry, and Tastefully Simple displayed their products and provided a fun afternoon of shopping.



Howard "Tex" Haines puts together a kite for the upcoming Fly a Kite Day. The wind didn't show up for the event, but it was a fun, creative gathering anyway!



Residents enjoyed their neighbors' talents at the Waterford Arts and Crafts Show. Over 20 residents submitted entries for the show. Submissions included a vase painting of birds and flowers by Myrtle Fowler; dish towels by Carolyn Byrant; a quilt and afghan by Norma Spear; two quilts by Norma Olliffe; an afghan and quilt by Virginia Peterson; a quilt by the Waterford quilting club, and more.

### Coming Events

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

**Tuesday, Aug. 10, 10:30 am**  
Make a card for U.S. soldiers. Hobby Room.

**Wednesday, Aug. 11, 2:30 pm**

Play Wii Sports and Game Shows. Forum.

**Friday, Aug. 13, 5 pm**

Bus leaves for dinner at the Windbag Saloon Grill. Please sign up in advance.

**Monday, Aug. 16, 6:15 pm**

Bus leaves for Brass in Blue concert. This symphonic brass ensemble is part of the United States Air Force Heartland of America Band. Memorial Park. No charge. Sign up at front desk.

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**(cont.) Tuesday, Aug. 17, 5 pm**

Bus leaves for Shakespeare in the Park and picnic dinner.

**Thursday, Aug. 19, 5 to 6:15 pm**

August Birthday Dinner Celebration. Call the front desk to reserve your seat. No charge for August birthdays. Four Seasons Dining Room.

**Friday, Aug. 20, 10 am**

Library Trip. Peruse and borrow the latest books or some old favorites.

**Friday, Aug. 20, 10:30 am**

Rendezvous of Art show at the Red Lion Colonial Hotel. Cost: \$5. Please sign up in advance.

**Tuesday, Aug. 24, 3 pm**

Book and magazine exchange and donation. Forum.

**Thursday, Aug. 26, 11:30 am**

Gates of the Mountains outing. Cost: \$12. Eat lunch surrounded by beautiful scenery, followed by a boat tour. Please sign up in advance.

**Friday, Aug. 27, 4 pm**

Wine and Cheese Social with music by resident Mary Mattson. Lobby.

**Tuesday, Aug. 31, 9:30 am**

Bus leaves for Philipsburg. Please bring a light jacket, hat, sunscreen, and money to buy lunch and souvenir items. Philipsburg is home to the Sweet Palace, a candy-lover's delight. Please sign up at front desk.

## Active Aging Week September 20 to 26

Be active your way. It's the theme for this year's annual health promotion event, which was created by The International Council on Active Aging. Look for details in next month's newsletter and the Life Enrichment/Wellness calendar.



## Going Green: the 7th dimension of whole-person wellness



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

*"It is not necessarily those lands which are the most fertile or most favored climate that seem to me the happiest, but those in which a long stroke of adaptation between man and his environment has brought out the best qualities of both." — T.S. Elliot*

Although he died in the first half of the 20th century, this famous quote from T.S. Eliot—author, poet, playwright, and a man ahead of his time—is truer today than it was in his generation. Harmony with nature and conservation of natural resources are on the *(cont.)*

(cont.) agenda of organizations around the world.

In North America, we are fortunate not to have the frequency of pestilence, famine, drought, plagues, and other major environmental crises that our global neighbors do. In fact, we have the means and opportunities to enhance the environment that many nations lack.

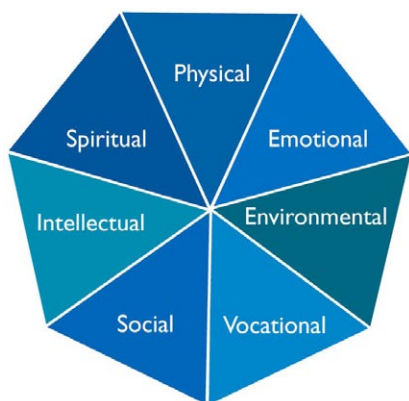
A pertinent question is what's it like in your back/front/side yard and neighborhood? Are citizens in your community in concert with preserving the environment for your enjoyment—and generations to come?

Touchmark strives to enhance the natural settings in all 11 locations in the USA and Canada. The critical element in making a difference is the people who live and work in the communities. It's truly the residents, team members, families, and neighbors who each day work to sustain the natural beauty and function of the land and its resources.

These individuals garden, recycle, use scheduled transportation instead of single-car transport, add green energy options to their homes, and participate in neighborhood enhancement projects. All of these efforts reduce the carbon footprint, improve the nature-human relationship, and strengthen our individual and collective wellness.

As the International Council on Active Aging moves forward with its "Going Green" initiative, each Touchmark community will be committed to the seventh dimension of wellness: the environmental dimension. To join the efforts of residents and team members at

Waterford, contact a member of the Life Enrichment/Wellness team. ■



## Celebrating Moments of Pride: 102 years young

*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.*

The Waterford community has been honored to celebrate Dorothy Randall's birthday with her for the past four years. And this year, friends, family, and neighbors helped Dorothy mark her 102nd birthday with style.

Born in Long Beach, California, Dorothy loves Montana. Her son, Richard, lives in Helena with his wife, Julianne. Honoring his mother's love of horses, Richard hired Somewhere in Time to offer horse-drawn wagon rides at his mother's birthday celebration. A cocktail party, music, and special dinner completed the festivities.

When she's not marking another birthday, Dorothy loves sewing and playing bingo. ■

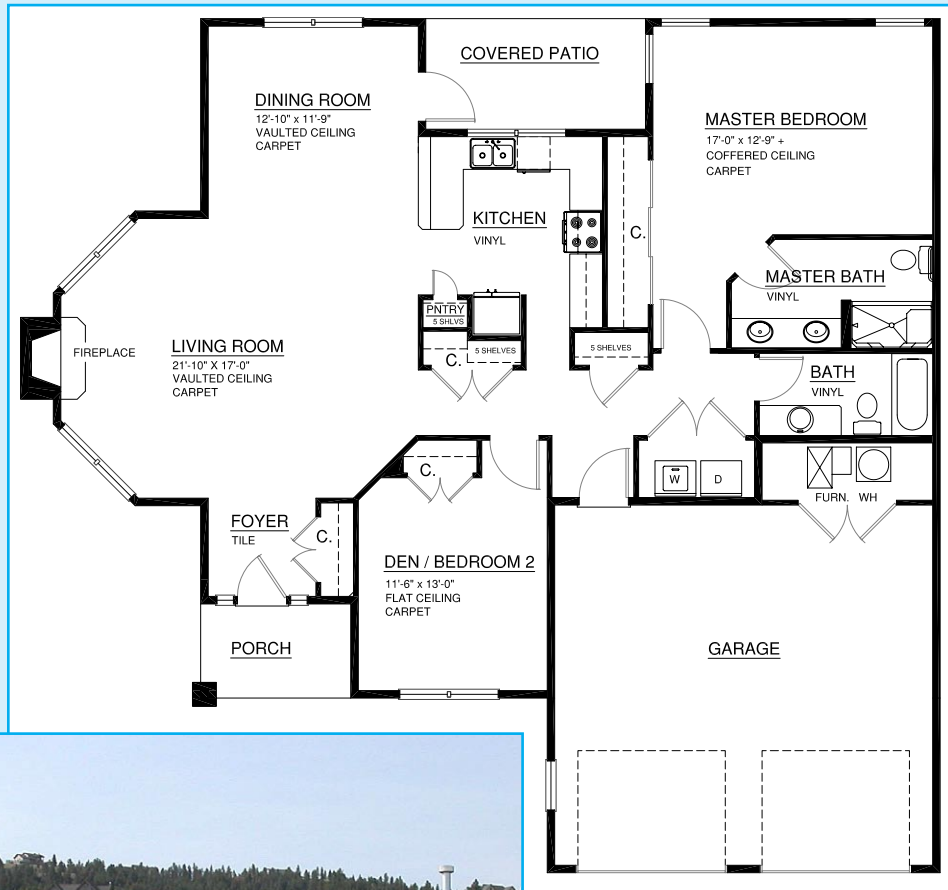


# All that and more

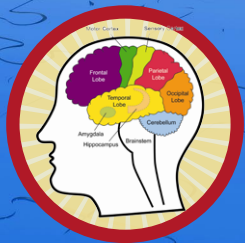
## Apartment 355

Send out the change-of-address cards; your new home awaits! Apartment 355 is a 1,400-plus-square-foot home, offering two bedrooms. Experience carefree retirement living just steps away from friends, amenities, and services galore!

A community of friends and fun, rewarding pursuits ... chef-prepared meals ... beautifully appointed homes ... you'll find all that and more at Waterford. And this 1,520-square-foot cottage home at 923 Saddle Drive is the perfect setting for the retirement of your dreams. This two-bedroom, two-bathroom home has new carpet throughout. Call or stop by today for a personal presentation.



# Brain Builders



Think of first names for each letter provided. Fill in the blank using the letter provided as the first letter.

Example: Adam

A _____	J _____	S _____
B _____	K _____	T _____
C _____	L _____	U _____
D _____	M _____	V _____
E _____	N _____	W _____
F _____	O _____	X _____
G _____	P _____	Y _____
H _____	Q _____	Z _____
I _____	R _____	

*Just for laughs!*

Enjoy the Dog Days of Summer ...



# 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.*

- Take some pictures.
- Read the cartoons in the newspaper.
- Ride a stationary bike.
- Talk with a neighbor.
- Write and mail a letter.
- Say hello to five people.
- Do arm exercises while watching television.
- Polish shoes.
- Make and eat a sandwich.
- Fill a bird feeder.