



A Touchmark® community
Est. 1980

Be active your way!

Join Waterford for scheduled events that will motivate you to incorporate healthy activities into your daily life. There is no charge for the events. For more information, call 406-449-4900.

Monday, Sept. 20

- 10 am: Kick off Active Aging Week with an invigorating walk. Meet in the lobby for refreshments and a complimentary pedometer.
- 2:30 pm: *Staying Mentally and Physically Active as We Age*, presented by Karrie M. Fairbrother, BSN, CDE, DNC. (Forum)

Tuesday, Sept. 21

- 9:30 am: Keep Moving class with Fitness Instructor Cheryl Wooden. (Forum)
- 10 am: Healthy juice sampling by Life Enrichment/Wellness Codirector Erika Mendez. (Lobby)
- 1 to 3 pm: Chair massages

by Amy Swanson and Mary Gillette from Sorella Massage Therapy. (Serenity Room)

Wednesday, Sept. 22

- 10:45 am: Yoga demonstration by Susan Baranek. (Forum)
- 1 pm: Life Enrichment/Wellness Codirector Nanette Holmes leads Games to Train Your Brain. (Forum)
- 3 pm: Health Day, featuring:
 - Blood-pressure checks by Elena Flanagan, RN
 - Hearing-aid checks by the Hearing Aid Insititute
 - Eyeglass cleaning by Thomas G. Berbos, MD, from Mountain
 - View Eyecare
 - Mobility-device tune-ups by St. Peter's Physical Therapist Dale Kock and Pete Ratzlaf and Cassie Norrgard from Community Home Oxygen
 - Healthy Feet with Dorothy Dahl, LPN

Thursday, Sept. 23

- 9:30 am: Keep Moving class. (Forum)
- 10:30 am: One-mile fitness walk at Spring Meadow Lake State Park, followed by lunch at Real Food Market & Deli.
- 2:30 pm: Line Dancing with Life Enrichment/Wellness Codirector Nanette Holmes. (Forum)

Friday, Sept. 24

- 10 am: Walk around campus.
- 3 pm: Nostalgia Party, featuring music, dancing, refreshments, and awards. (Forum)

Started by The International Council on Active Aging, Active Aging Week is an annual health promotion celebration. The theme for this year is Be Active Your Way.

2010 in 10

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.

- Work on a puzzle
- Use the dictionary.
- Watch the news.
- Try a new healthy food.
- Read a biography.
- Reorganize a room.
- Compliment five people today.
- Call a friend and talk about something funny.
- Find a quiet place. Close your eyes. Breathe slowly and visualize a calm beautiful scene.
- Eat an apple.

Discover Waterford

Apartment 326

This 1,063-square-foot apartment has two bedrooms, two bathrooms, and access to Waterford's national award-winning Life Enrichment/Wellness program. Enjoy your independence and privacy surrounded by a community of friends and fun, rewarding pursuits.

Cottage home 923



Cottage home 923 offers two bedrooms, two bathrooms, and access to all the services and amenities of the Waterford community. This 1,540-square-foot home is your ticket for hassle-free, independent retirement living. Call or stop by today for a personal presentation.

Recent events



Beautiful summer weather draws residents outdoors for lawn games, including beanbag toss, horseshoes, and bocce.



An international brew fest delighted the taste buds of residents, complete with beers from Holland, Mexico, Germany, Ireland, England, Canada, and more.

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Resident Clarence Sherlock photographs a rainbow above the Waterford community.

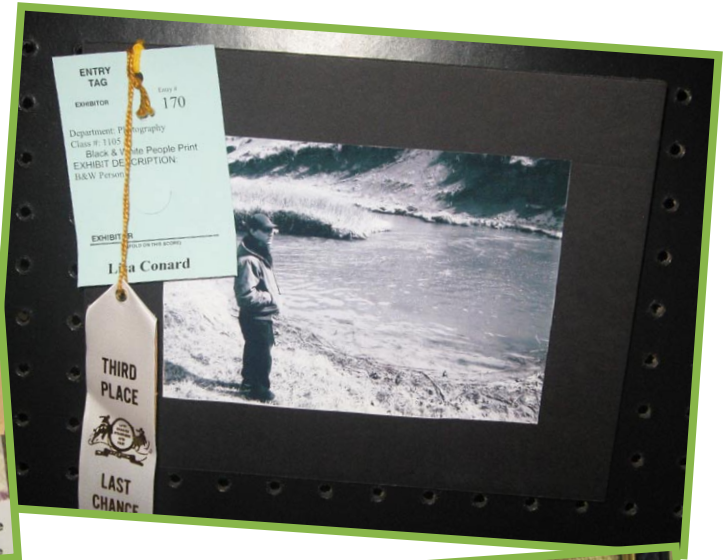


Residents peruse the home décor items at Real Deals in Butte. The outing included lunch at the Country Club. Les Sodja and Dixie Ray were thrilled to return to their home town. Dixie noted, "I miss Butte, but I'm happy at home—Waterford!"



A group of 15 residents snapped photos and learned about the city's rich history on a train tour of Helena. "I have taken this tour many times but it seems that it gets better every time," says Rose Rice. The day was capped off with a popcorn and lemonade social at Waterford, with over 40 residents attending.

Winning entries



Eight residents submitted handcrafts for the competition, including Carolyn Bryant, who earned the third-place prize with her beautiful dish towel, Renard Hanson's embroidered brown owl, and Norma Andriolo's embroidered blue star. The ladies of the Quilting Club took home second place for their Waterford Quilt. Team member Lisa Conard's black-and-white photo won third place.

Celebrating Moments of Pride: An anniversary and a celebration

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.



George and Margaret Snyder are celebrating 65 years of marriage. The two met in college in New York City. They have two children, four grandchildren, and two great-grandchildren. When asked for the key to a lasting marriage, Margaret says, “The recipe for our success

is first love, then patience and trust. We enjoy doing things together. We enjoy reading and traveling. We have our ups and downs, but we always work them out.”



With the support of her husband and three teenage boys, Elena Flanagan recently passed her nursing board test. A Waterford team member since March of 2007, Elena graduated from the Carroll College nursing program in May of this year. (She

also was on the dean’s list). She was so excited when she passed the nursing board test, she rushed over to Waterford to share the news with residents.

Successful aging lived by a mentor



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

“Human beings need the freedom to live with change, to invent and reinvent themselves a number of times through their lives.”

— Robert Butler, MD, 1927-2010

I have had the good fortune to have many mentors over the course of my career. Dr. Robert Butler was one of them. I first met him when I was a student in the early ’70s—before I even knew that I would be interested in a career in the

emerging field of “healthy aging.” I served an internship at the Cooper Institute in Dallas, Texas, where I worked with Dr. Butler and Dr. Ken Cooper (the man who coined the word “aerobics”).

No other person to date has made quite the impact on the field as Dr. Butler. In fact, he created the National Institute on Aging in 1975 and directed it for six years. Other “firsts” under his leadership are coining the work “ageism,” creating a department devoted solely to gerontology at the Mount Sinai School of Medicine in Manhattan (1982), and chairing the 1995 White House Conference on Aging.

Earlier this year in Chicago, Dr. Butler served on a panel of experts

who presented the keynote at the American Society on Aging annual conference. I sat in the audience as amazed at his wisdom and vision as I had been more than 30 years ago.

One of his most important and enduring messages is that it is not the experts—scientists, scholars, researchers, physicians, and other health professionals—who define successful aging. It is the elders worldwide who share their wisdom and experience about navigating the journey of life over the whole lifespan. The professionals measure physiology; happiness quotients; productivity; mental acuity; and the impact of diet, exercise, and social networks. But elders have a different definition of successful aging.

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(cont.) Being able to adapt to circumstances of a changing life, especially loss and pain, is the number one factor for aging successfully, according to the longitudinal study conducted by the American Federation of Aging Research. In addition, quality of life as opposed to quantity of life was cited. And the benefit is "... reaching one's potential and arriving at a level of physical, social, and psychological well-being in old age that is pleasing to both self and others." (Gibson, 1995)

In Touchmark communities, we continue the work inspired by Dr. Butler. The goal of the Life Enrichment/Wellness program is to support every resident in reaching his/her full potential as the changing days of our lives unfold. To participate in and contribute ideas to our programs, contact a member of the Life Enrichment/Wellness team. ■

Coming Events

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

Saturday, Sept. 18, 6:45 pm

Bus leaves for the Helena Symphony's *Exergy Masterworks I: Beethoven's Ninth* at the Helena Civic Center. Sign up at the front desk. Ticket prices vary.

Monday, Sept. 20 through Friday, Sept. 24

Active Aging Week.

See page one for more information.

Friday, Sept. 24, 6:45 pm

Bus leaves for Live! at the Civic performance of *Abbacadabra*. Billed as "the ultimate ABBA revival—Vegas style," this performance will have you tapping your feet to your favorite ABBA tunes from the 70s. Ticket prices vary. Please sign up at the front desk.

Monday, Sept. 27, 9 am

Bus leaves for breakfast at Perkin's.

Tuesdays, 2 pm, and Thursdays, 2:30 pm

Wii games. Forum.

Brain Builders



Generate verbs! Think of and write down anything that a child does.

For example: play

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
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Join the Fiesta!



Help Touchmark Foundation win a \$1,500 donation and more than two hundred, 30-second commercial TV spots featuring staff and residents from Touchmark and Waterford. It's easy!

www.landmarkford.com/fiesta-voting.htm

Please note! Only one vote per day, per location. So please vote from your home computer.