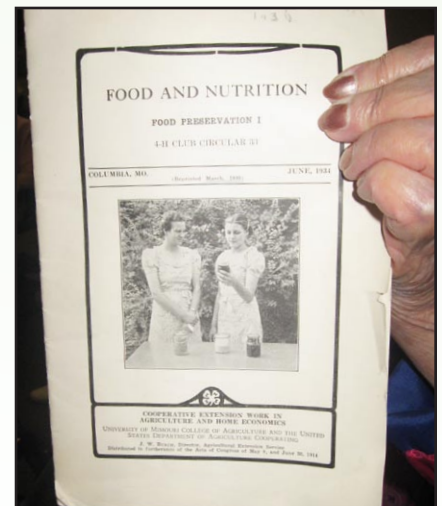


Sharing moments of pride



Recently, residents set up tables to share personal treasures and stories with friends and neighbors. Carolyn Bryant displayed her Belle of the Ball doll, whose crocheted dress was made by Carolyn's sister-in-law. Gladys Reiman shared a picture of herself and her sister from 1937. Gladys was 15 and her sister was 20 when they won a 4-H Congress Trip to Chicago. Kathe Crum displayed a quilt she made that depicts all the animals that she saw behind her house in West Virginia, including raccoons, squirrels, birds, and dogs.



2010 in

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.

- Drink some water.
- Make a donation.
- Laugh.
- Do as many sit-ups as you can in 10 minutes (rest when you need it).
- Sign up for an art class.
- Enjoy a glass of wine after dinner.
- Volunteer.
- Sign up for Facebook.
- Watch a funny video on YouTube.
- Read the news.

The "awe" in autumn

Apartment 355

Apartment 355 is as beautiful inside as it is out. This lovely home offers over 1,400 square feet of living space, two bedrooms, and two bathrooms. Gaze out the window at a stunning view of the Helena Valley. Call or stop by today for a personal presentation.



Recent happenings



A group of residents donned their "tea hats" and shared stories about their favorite teacups. Tracy Kvande brought a pink teacup she received when she was part of a birthday club. Virginia Peterson (far left) brought a hand-painted cup from her own collection, and Norma Spear showed the group a cup her daughter had given her. New resident Sis Reynolds (right) enjoyed meeting other ladies and seeing the garden area.

(cont.)

(cont.)

Residents Tracy Kvande (left) and Dixie Ray wait to direct traffic during the Capitol Classic Fun Run. Norma Spear, Betsey Doering, Donna Haggerty, Executive Director Merry Lunde, and Life Enrichment/Wellness Codirector Erika Mendez also volunteered for the event, which promotes health and wellness while kicking off the new school year.



Gary Bloom serenaded residents at a recent Under the Stars Birthday Night. Executive Chef Adam Mendez prepared a delicious meal. White roses were presented to every resident, including Helen Kiesling, celebrating a birthday or anniversary.

Healthy aging tips from the real experts



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

“How old would you be if you did not know how old you are?”—Walter Bortz, II, MD, author and expert on healthy aging

It can be daunting to keep up with the research about healthy aging that comes out almost daily. I thought it might be interesting to compare the data gleaned over the last couple of years from prestigious international researchers to the data collected in 2008 when interviewing 100 healthy centenarians, who gave their top 10 “tips” for healthy aging. Here are the results of that poll—along with the percentage of how many said the tip is “very important.” (Note: Interviewees could call more than one tip “very important.”)

1. Stay close to family and friends. (90%)
2. Keep your mind active. (89%)
3. Laugh and have a sense of humor. (88%)
4. Stay in touch with your spirituality. (84%)
5. Continue looking forward to each new day. (83%)
6. Keep moving and exercising. (82%)
7. Maintain a sense of independence. (81%)
8. Eat right. (80%)
9. Keep up with news and current events. (63%)
10. Keep making new friends. (63%)

This anecdotal collective data compare almost 100 percent to the findings published over the last decade—and especially in the last two years—by the continuing follow-up to the Framingham Heart Study, the Nurses’ Health Study, and other large population studies conducted over a significant period of time. Relationships/connectivity to family and friends has moved into first place internationally. Also, the need to

(cont.)

(cont.) keep actively engaged in new learning competes directly with a good diet, exercise, and the importance of humor and a positive outlook.

At Touchmark we know the value of listening to the “experts” ... our residents ... and evaluating our programs and services by the direct impact on their well-being. To be a contributor and participant in the Life Enrichment/Wellness program, contact a member of our Life Enrichment/Wellness team. Your perspective and recommendations are important. ■



Sudoku is a great brain game. Fill in the blank squares so that each row, each column, and each three-by-three block contain all of the digits 1 through 9. See page five for answers.

2		3		6				8
	7			5	1	3		
	5	9						
4		2	6	3			5	9
				9				
3	9			1	4	2		6
						4	2	
		1	8	4			3	
7				2		9		5

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This puzzle has been provided by programmer/musician Jim Bumgardner, who creates software art and toys and is the creator of www.krazydad.com.

Celebrating Moments of Pride

Expression through words

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.



Troy Marquardt joined the Dietary team four years ago. Troy came to Waterford from Helena Industries, where he received an award for 15 years of dedicated service. Troy was born with Moebius Syndrome, a rare neurological disorder that leaves those with the condition unable to move their faces. They cannot smile, frown, or blink their eyes. Away from work, Troy enjoys spending time with his 6-year-old son, drawing, and writing poems.

Etches

By Troy Marquardt

The etches of our ancestors in the night.

Wind wisps, as I hear the whispers of Grandfather's words of wisdom.

Eagles soar high, the drum beating in my joyed soul.

War dances asking for strength.

Grandmother feeds my soul, as her gracefulness helps me.

The moon shimmers over us as the peace circle widens.

I seek my spirit when I live.

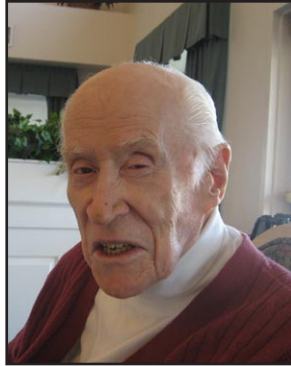
Etches of my People.

(cont.)

(cont.)

Here's to 100

Gregg Hamlin recently celebrated his 100th birthday. Born in 1910 in Denver, Colorado, Gregg attended high school in Idaho Springs, a mining town west of Denver, where his father worked in the mining industry. Gregg later went to Colorado College. As a young man, Gregg remembers owning a Chalmers Motor Car. His late wife, Katherine, also was born in Denver, and they were married for 55 years. Gregg worked for the telephone company, which brought him to Montana. He has a son, Greg, who lives in Bozeman, and a daughter, Carol, who lives in Prescott, Arizona. Gregg enjoys living at Waterford with his cat, Daisy.



Coming Events

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

Thursday, Oct. 14, 5 pm

Dinner music by Steve and Jim. Sleeping Giant Dining Room.

Monday, Oct. 18, 11 am

Bus leaves for lunch at Applebee's®.

Wednesday, Oct. 20, 2:30 pm

Pumpkin painting for the Intermountain Children's Home. Forum.

Friday, Oct. 22, 2:30 pm

Cupcakes decorating in the Forum.

Monday, Oct. 25, 4:45 pm

Bus leaves for Mystery Dinner!

Tuesday, Oct. 26, 2 pm

Halloween Party. Spooky costumes encouraged. Forum.

Friday, Oct. 29, 2:30 pm

Trick or Treat at Waterford. Lobby.

Just for laughs!

Deck the Patch

(to the tune of *Deck the Halls*)

Deck the patch with orange and black

Fa la la la la, la la la la

Take along your goody sack

Fa la la la la, la la la la

Don we now our scary apparel

Fa la la la la, la la la la

Troll the ancient pumpkin carol

Fa la la la la, la la la la

See the great one rise before us

Fa la la la la, la la la la

As we sing the pumpkin chorus

Fa la la la la, la la la la

Follow him as he ascends

Fa la la la la, la la la la

Join with true great

pumpkin friends.

Fa la la la la, la la la la



2	4	3	7	6	9	5	1	8
8	7	6	4	5	1	3	9	2
1	5	9	3	8	2	7	6	4
4	1	2	6	3	7	8	5	9
5	6	7	2	9	8	1	4	3
3	9	8	5	1	4	2	7	6
6	8	5	9	7	3	4	2	1
9	2	1	8	4	5	6	3	7
7	3	4	1	2	6	9	8	5