



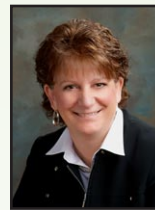
A Touchmark® community  
Est. 1980

# Welcome 2011

This past year, residents practiced and performed a theatrical production in honor of Touchmark's 30th anniversary. It's an honor to be part of a larger family that has a long history of excellence, and it is particularly a pleasure to work with the dedicated team at Waterford and serve the many residents and families.

We welcomed a number of new residents and their families to our community this last year. In spite of the rumor that the community is almost full, we actually

have a few cottages and apartments available. We'd like to get to know you! I invite you to visit and experience the best retirement in Helena.



**Merry Lunde**  
Executive Director

## Holiday highlights



For the fifth straight year, the beautiful gingerbread house graced Waterford's lobby over the holidays. Created by Executive Chef Adam Mendez and his family, this labor of love took over 40 hours to complete, but its presence at Waterford adds a priceless dimension to the holiday décor. "Now we are ready for Christmas," said Virginia Peterson. "Having this gingerbread house here has become a tradition." Mary Mattson added, "I have never seen such a big house—and all the beautiful colors!" Rhoda Dance was thrilled to play a role in the completion of the gingerbread house. After sprinkling powdered sugar on the confection, she said, "Now I can tell people that I helped with the gingerbread house!" The *Independent Record* featured the two-story candy house in a recent front-page article.

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More than 60 people attended the annual Holiday Tea Party. Life Enrichment/Wellness Co-director Erika Mendez used her vintage linen, dishes, and red, blue, and green cloth napkins. The tea included three different tea sandwiches, cranberry scones, lemon curd, and a variety of sweets.



Residents celebrated at Waterford New Year's Eve party with delicious food, drink, and entertainment by Waterford team members Lacey Johnson and Adam Mendez, Jr. Each resident received a popper and small gifts as they welcomed 2011.

## Coming Events

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

### Wednesday, Jan. 19, 2:30 pm

Celebrate National Popcorn Day with popcorn and soda. Enjoy watching photos from 2010. Forum.

### Saturday, Jan. 22, 11 am

Bus leaves for lunch at Jade Garden. Please

sign up and bring lunch money.

### Wednesday, Jan. 26

Lunch music with Steve and Jim.

### Wednesday, Jan. 26, 2 pm

Introduction to Facebook. Forum.

### Monday, Jan. 31, 10 am

Resident Council. Forum.

## More than 60 enjoy theatre performance

The Waterford community celebrated the holidays and Touchmark's 30th anniversary with a performance of three short plays, three monologues, and the reading of a classic poem. Residents Gladys Reiman, Norma Spear, Tracey Kvande, Barbara Spencer, and Peter Knapp performed. Dining Room Server Lacey Johnson shared her gift of music by singing a variety of holiday favorites. Following the performance, the cast and audience enjoyed wine and appetizers. ■

## Brain Builders



Change one letter in each word to name a food.

1. mill: \_\_\_\_\_
2. batter: \_\_\_\_\_
3. meet: \_\_\_\_\_
4. born: \_\_\_\_\_
5. demon: \_\_\_\_\_
6. fork: \_\_\_\_\_
7. reef: \_\_\_\_\_
8. soul: \_\_\_\_\_
9. ego: \_\_\_\_\_
10. baton: \_\_\_\_\_
11. hat: \_\_\_\_\_
12. ride: \_\_\_\_\_

*Answers:* milk, butter, meat, corn, lemon, pork, beef, soup, egg, bacon, ham, and rice.

## Ring in the new year in a new home



Put out your welcome mat at this Chelsea cottage home at 921 Saddle Drive. This lovely 1,528-square-foot home has two bedrooms, two bathrooms, and the retirement lifestyle of your dreams. Call or stop by today for a personal presentation.



This 956-square-foot apartment offers a great view of the valley and mountains. Apartment 304 also has two bedrooms and two bathrooms. Make Waterford on Saddle Drive your base camp for the active lifestyle you deserve.

## Imagine—and Live—the Possibilities!



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

*“We all have possibilities we don’t know about. We can do things we don’t even dream we can do.” — Dale Carnegie*

The theme for 2011 in all Touchmark/Waterford communities is Imagine—and Live—the Possibilities! The intent of this yearlong focus is to nurture and support the unique talents, skills, hopes, wishes, and dreams of people who live and work in Touchmark communities.

Over the years, it has been a thrilling journey to help residents and team members discover amazing possibilities. They have planned and realized rafting trips, cruises, contests and competitions, physical activity challenges, talent shows, performing arts productions, and many more adventures.

To help meet the needs of people less fortunate, residents partner with agencies and individuals. They sew, knit, and crochet garments and blankets for children and adults. They gather food, socks, cookies, and books to distribute near and far. They generously give their time and talents as well as their resources to students who need extra help, hospitals, organizations serving meals, and other charitable causes.

There are countless stories of individual residents pursuing lifelong learning as they pick up a paintbrush or digital camera to explore a new hobby. Residents have shared their creative writing, poetry, and recipes. They welcome newcomers and encourage them to

participate in classes and opportunities to pursue their own learning goals. Activities as diverse as computer skills and new dance trends have been introduced to willing learners. All of these came from imagining—and living—the possibilities.

This is not a new concept for Touchmark. The focus in 2011 will be to develop even more of the possibilities. If you would like to help plan and promote the Imagine—and Live—the Possibilities! theme, contact a member of the Life Enrichment/Wellness team. The talents, time, energy, enthusiasm, and support of each resident and team member will cultivate the yearlong emphasis on personal and community possibilities. ■

### *Just for laughs!*

#### *Hilarious Newspaper Headlines*

1. Police Begin Campaign to Run Down Jaywalkers
2. Stolen Painting Found by Tree
3. Two Sisters Reunited after 18 Years in Checkout Counter
4. If Strike Isn’t Settled Quickly, It May Last a While
5. Man Struck by Lightning Faces Battery Charge

*From [www.basicjokes.com](http://www.basicjokes.com)*