



A Touchmark® community
Est. 1980

Exercise classes are fun!



Fitness Instructor Cheryl Wooden uses colorful scarves and fun exercise balls in her fitness class every Tuesday and Thursday. “This is a very soft way to exercise,” says resident Lilly Decker.

Reflections on nurturing your heart



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

“Recipe for a happy heart:
2 cups of Love
1 cup of Friendship
1 cup of Gratitude
Add a dash of Laughter
Pour into any Soul”
— Martha Denise

There is a lot of knowledge gleaned through research that results in recommendations and resources to deal with heart disease—the number one killer of men and women worldwide. Physicians, pharmacists,

and other allied health professionals recommend both prevention and intervention strategies that are often anchored in common sense and good choices and decisions about exercise, nutrition, sleep, stress reduction, and medications, as appropriate and needed.

But beyond all the traditional information, there is a significant amount of credible research that shows that unresolved sadness, depression, loneliness, isolation, and fear are risk factors that affect heart health—possibly as much or more than a sedentary lifestyle, poor diet, and inadequate sleep.

Nurturing your heart with positive influences may take as much time and resolve as the physical requirements of doing exercise, maintaining a healthy weight, following heart-healthy dietary

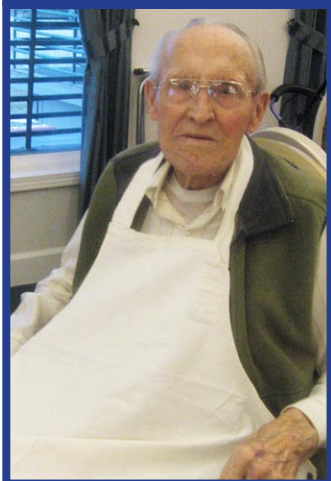
guidelines, and making changes in leisure habits. Compassion, joy, love, and humor are essential ingredients of heart health. Time spent daily on this side of the heart-health equation requires deliberate decisions about relationships, time spent giving and receiving, a sense of humor (even when stressful life situations occur), and laughter—“out loud” and often.

One way to emphasize the positive aspects of life choices is to make a “joy” list—a list of the times in your life when you feel the most joyful, connected, and positive. The essence of the experience is what you bring to it. It might be passion, commitment, curiosity, or energy. To contrast this, make a “no joy” list that represents the things you do that deplete your energy and diminish your joy. This list (*cont.*)

(cont.) may have people, places, and things, but your emotions are the key. Is it possible to replace the “don’t want to’s” with the “do want to’s?” Try it and see.

Touchmark is committed to the personal journey of each resident in regard to heart health. If you would like support in achieving your personal goals, contact a member of the Life Enrichment/Wellness team. Helping you with your goals for heart health is important to our mission of enriching people’s lives. ■

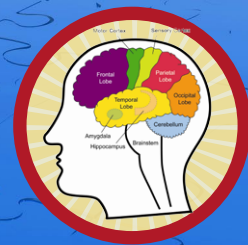
Sharing history and hard work



Passing along items full of history and hard work, Tex Haines (top, right) presented Executive Chef Adam Mendez with knives from his collection, and Harry Buchanan gave Chef Adam an apron that he used when he was a baker. During those years, Harry donned the apron very early in the morning and made a

myriad of breads and pastries. Tex collected knives over the years. Some he passed along to his family, and now he wanted to share a set with Adam. “I feel that the chef can use them; ... it is better to give things that you don’t use anymore to someone who can use them,” says Tex.

Brain Builders



Do these math problems as fast as you can.

- | | |
|---------------------|-----------------------|
| 1) $2 + 3 =$ _____ | 7) $12 + 2 =$ _____ |
| 2) $7 - 2 =$ _____ | 8) $20 + 9 =$ _____ |
| 3) $8 + 4 =$ _____ | 9) $16 + 11 =$ _____ |
| 4) $1 + 9 =$ _____ | 10) $15 - 10 =$ _____ |
| 5) $10 - 4 =$ _____ | 11) $30 + 30 =$ _____ |
| 6) $5 - 0 =$ _____ | 12) $19 - 5 =$ _____ |

Answers: 1) 5 2) 5 3) 12 4) 10 5) 6 6) 5
7) 14 8) 29 9) 27 10) 5 11) 60 12) 14

Coming Events

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

Friday, Feb. 18, 10 am

Bus leaves for library outing. Please sign up at front desk.

Thursday, Feb. 24, 5 pm

February Birthday and Anniversary Celebration.

Monday, Feb. 28, 7 pm

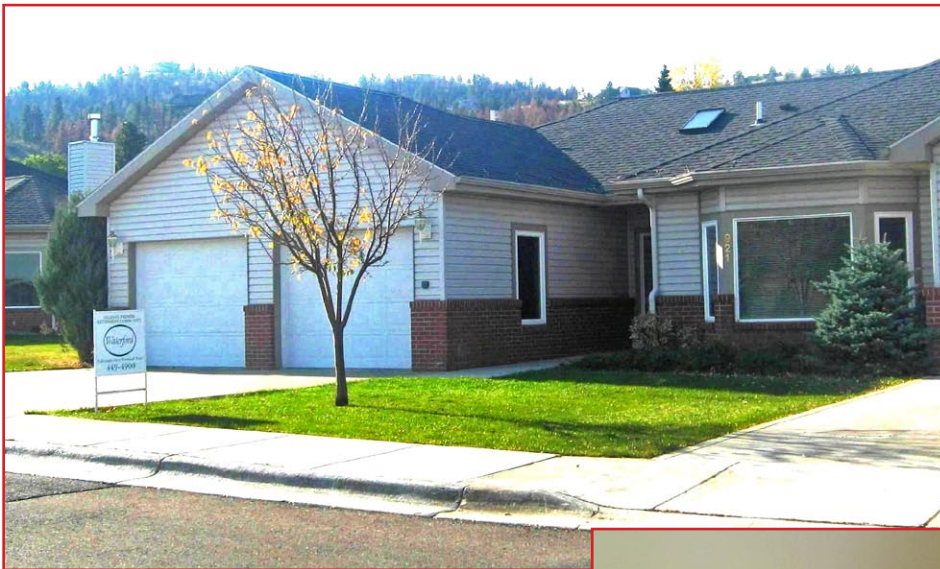
Bus leaves for the Helena Symphony’s Exergy Masterworks Concert IV at Cathedral of Saint Helena. Please sign up in advance.

Opportunity's knocking

Apartment 365

Step into this spacious 1,122-square-foot apartment, and you'll see a beautiful view of the Helena Valley and Belt Mountains. Along with the vista, you'll enjoy two bedrooms, two bathrooms, and all the right touches for the ideal retirement lifestyle. Call or stop by today for a personal presentation.

Chelsea cottage home



Fresh paint and new flooring make this 1,250-square-foot Chelsea cottage home move-in ready. The home has two bedrooms and two bathrooms. Stop by for a personal presentation.



To screen or not to screen ... an ethical debate

—Marge Coalman, EdD, Touchmark vice president of
Wellness & Programs

Over the past several months, the topic of Alzheimer's disease has been in the headlines, including the cover of *TIME*. Many of the stories have focused on the debate about expanding the number of brain images in the population. ...

Read the rest of the article online at touchmark.com/common/pdf/alzheimers-to-screen-or-not.pdf. ■

Just for laughs!

First Football Game

A guy took his girlfriend to her first football game. Afterward he asked her how she like the game.

“I liked it, but I couldn't understand why they were killing each other for 25 cents,” she said.

“What do you mean?” he asked.

“Well, everyone kept yelling, ‘Get the quarter back!’”

From www.basicjokes.com

Welcome to Waterford



Residents gather during the newcomers social and enjoy treats and getting to know one another. Watch the Life Enrichment/Wellness calendar for the next social.