



A Touchmark® community
Est. 1980

Dolls! Dolls! Dolls!



The lobby was transformed into a doll-collector's paradise at the Waterford Doll Show. Over 20 residents and family members shared their dolls, including hand-painted porcelain dolls, a Shirley Temple doll, a Cabbage Patch Kid®, an Alaskan figurine with an ivory face, a stuffed moose and frog, and a Dutch-girl pin-cushion/tape measure doll. Edith Radcliffe is a longtime doll collector and shared one doll that is 100 years old. Johanna Dandro brought a doll that dates back 93 years. "My dad gave me this doll when I was three years old," Johanna says. "I was in the hospital, and my dad told me that he bought me a doll that I was not going to be able to break. I broke a lot of my toys, so he wanted to make sure this doll was going to last. This is an unbreakable doll!" Myrtle Fowler brought three dolls that she had made herself.

Look what's springing up at Waterford!



Take in the breathtaking view of the Sleeping Giant Mountain through the window of apartment 304. This 956-square-foot, two-bedroom, two-bathroom home offers just the right amount of space for just the right lifestyle.



Located at 921 Saddle Drive, this 1,250-square-foot cottage home features two bedrooms and two bathrooms. You'll love the spacious, open floor plan and new floor coverings. Call or stop by today for a personal presentation.

Coming Events

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

Friday, April 8, 2 pm

National Pineapple Upside-Down Cake Day. Bring your apron and measuring cups and prepare to bake. Garden Wing.

Monday, April 11, 7 pm

Bus leaves for Live! at the Civic performance of *The Music Man*. Please sign up at the front desk. Civic Center.

Thursday, April 14, 5 pm

Volunteer Appreciation Dinner. Forum.

Friday, April 15, 2 pm

Tax Relief Day. Enjoy Italian sodas. Forum.

Monday, April 18, 2 pm

Stuff Easter eggs. Candy donations are welcome. Forum.

Wednesday, April 20, 2 pm

Milk-shake social with music by Jerry and Rick. Forum.

Saturday, April 23, 11 am

Fifth-annual Easter Egg Hunt. Enjoy lunch of hot dogs, chips, and lemonade. Donations are welcome, with a portion going to The Angel Fund.

Sunday, April 24, 10 am to 1 pm

Easter Brunch. Cost: \$15 per guest. No charge for residents. Please RSVP.

Thursday, April 28, 2 pm

Tell a Story Day. Cinnamon rolls and coffee will be served. Parlor

Friday, April 29, 2 pm

Afternoon Tea in celebration of the royal wedding. Forum.

Celebrating the luck o' the Irish



Why confine St. Patrick's Day celebrations to just one day? Waterford residents spread the party out over an entire week, with several opportunities to celebrate the Irish in everyone. Lunch at Riley's Irish Pub, Irish music by Jerry and Rick (accompanied by green cookies and coffee), and a performance by the Cassidy-Mallon Irish Dancers got everyone in the Irish spirit. A traditional Irish dinner prepared by Executive Chef Adam Mendez, Sr. included green beer and cider.



Join us online!

Become a fan on our Facebook page; visit Touchmark's YouTube channel; or write a review on Google maps.



A winning recipe



Executive Chef Adam Mendez, Sr.'s chili recipe went head-to-head against the creations of 12 other local chefs—including representatives from some of Helena's top restaurants—at the 2011 Lucky Leprechaun Fest Chili Cook-Off. No surprise to residents and team members who enjoy his culinary creations on a regular basis, the judges and the public picked Adam's chili for best in show. "This is my first time doing this, and it is exciting to compete with experienced chefs—and win," says Adam. "Go Waterford!"

Just for laughs!

The Direct Object

Christopher's class was having an English lesson, and the teacher called on Christopher to recite a sentence with a direct object.

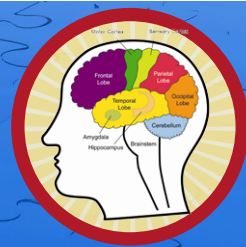
Christopher stood and thought, then said, "Teacher, everybody thinks you are beautiful."

"Why thank you, Christopher," the teacher said, blushing. "But what is the direct object?"

"A good report card next month," he replied.

From www.mycleanhumor.com

Brain Builders



Rearrange the letters to find the states' names:

Example: Ah! Look ma. = Oklahoma

i own gym _____

men share whip _____

loan torn chair _____

horned dials _____

coins wins _____

show inn tag _____

Answers: Wyoming, New Hampshire, North Carolina, Rhode Island, Wisconsin, Washington

Life balance and legacy



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

The function of *aging* does not guarantee *a life well-lived* or *a life in balance*. What, then, does it mean to create a life in balance? If you search for this phrase on the Internet, you'll find all kinds of comments, poems, and homilies. If you sit down and talk with people—especially older adults—a very different perspective comes to light. It becomes apparent that *legacy* is a critical component of a life in balance. This is true over people's lifespan and especially as they get older.

Legacy is not just about the material goods we have to share with those we love and care about or the causes we hold dear, although those are important components. Legacy is a combination of life experience, wisdom, community service, and commitment that sets our

“Legacy is a combination of life experience, wisdom, community service, and commitment that sets our life apart from the harried flow of day-to-day duties.”

life apart from the harried flow of day-to-day duties. According to many older adults I interview, this results in a

sense of well-being and accomplishment that makes each day a day worth “spending” for the value it brings.

Contributions that may be the most effective are not necessarily measured in dollars. Consider these gifts: sharing a vision and making it real; influencing children or young adults and creating awareness and compassion for themselves and others; developing a thoughtful plan for conservation and environmental stewardship. All of these bequeath a legacy that goes beyond “the stuff” we leave behind. Thoughtful plans, timelines, and guideposts can mark the way to inspire future leaders and resolve difficult problems.

Touchmark communities are committed to supporting residents' legacies through lifelong learning, civic engagement, intergenerational programs and services, and life-story work. Our Legacy Project is multidimensional and always growing. To be a part of the Full Life Wellness & Life Enrichment Program™ at Touchmark, contact a Full Life team member to share ideas, goals, and inspiration. ■

Recent happenings!



Waterford recently hosted its first-ever blood drive. Members of the community rolled up their sleeves and donated the gift of life in honor of American Red Cross Month. Many donors were delighted to learn that age is no barrier to giving blood.

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No pepperoni on this pizza! Residents slice fruit for tasty dessert pizzas. The pizza “crust” was made with sugar-cookie dough while the “sauce” was a sweetened cream-cheese spread.

Waterford on Saddle Drive to become Touchmark on Saddle Drive later this year

Waterford on Saddle Drive—a Touchmark community—has announced that it will change its name later this year to Touchmark on Saddle Drive. Because Waterford already is part of the Touchmark family, everything but the name will remain exactly the same. The ownership and management remain unchanged. The name change will be phased in throughout the year.

Celebrating Dr. Seuss



Dr. Seuss was a lyrical, entertaining type.

To celebrate his birthday, residents joined the hype!

To Head Start they went, to read with the littles.

They brought books! And smiles! And tasty cookie vittles!

Stories by the doctor were lovingly read, as sign language—by Jerry Toner—was led.

A little tyke called him “Grandpa,” while tugging his hem, “It was a wonderful experience,” Jerry said with a grin.