



A Touchmark® community  
Est. 1980

Waterford | on Saddle Drive

May 2011

# An egg-ceptional holiday



For Easter, the community celebrated with a variety of events. The big event—Waterford’s annual Easter Egg Hunt. Children searched for over 5,000 hidden eggs, which residents helped pack and hide. The hungry hunters enjoyed lunch after the big event. All proceeds went to the Angel Fund, which provides Helena children with school supplies, clothing, funds for field trips, and other items. Earlier in the week, residents took a trip to the see the Easter Tableaux at the Consistory Shrine Center, and on Easter morning, everyone enjoyed a delicious brunch.

## Team member attends international training



Life Enrichment/Wellness Co-director Nanette Holmes talks with Rob Winningham, PhD. Rob was the keynote speaker during the recent Full Life Wellness & Life Enrichment Program™ training in Oregon. Rob shared the latest research on memory and building the brain and how to apply this new information to programs at Touchmark communities. He is the author of *Train Your Brain* and is the Psychology Division chair and professor at Western Oregon University.

## Brain Builders



Can you solve these mind-bending puzzles?

1. What is black when you buy it, red when you use it, and gray when you throw it away?
2. What occurs once in every minute, twice in every moment, yet never in a thousand years?
3. Can you name three consecutive days without using the words Monday, Tuesday, Wednesday, Thursday, Friday, Saturday, or Sunday?

*Answers: 1) Charcoal 2) The letter "m" 3) Yesterday, today, and tomorrow*

## You "may" want to see this

### Cottage 911

Waterford offers Helena's premier retirement lifestyle. This 1,340-square-foot, two-bedroom, two-bathroom cottage is the ideal home for experiencing this dynamic community of friends, fun, and rewarding pursuits. Call or stop by today for a personal presentation.

### Apartment 365



Located in the main building, this penthouse apartment offers two spacious bedrooms and two bathrooms. Wake up to the gorgeous view of the Helena Valley and Sleeping Giant Mountain from this 1,158-square-foot apartment.

*Just for laughs!*

Enjoy these fun holidays.

National tap dance day - May 25

National yo-yo day - June 6

Eat your vegetables day - June 17

## Three cheers for the volunteers!



Waterford recently celebrated the volunteers who donate their time and talents. The Volunteer Appreciation Dinner attracted over 50 people who enjoyed a meal of spring greens and strawberry salad, petite steak and Baja-skewered shrimp, sweet potato soufflé, and more, all prepared by Executive Chef Adam Mendez, Sr. “This is a true gourmet dinner,” says Doris Buswell. “I feel very special.” Kay Schweitzer adds, “Our chef is very talented, and he made this day special for all of us.”

## There is no age limit



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

*“How old would you be if you didn’t know how old you are?”*

— *Satchel Paige, Baseball Hall of Fame inductee, 1971.*

When we consider celebrations, many memory-making moments come to mind: weddings, births, graduations, family reunions, holidays, a child’s first steps, and many others. These landmark life events are often captured in photos and videotapes to be revisited and celebrated. They are shared across generations and

are historically significant for each individual who shares in the memory of the event.

Personal landmarks are achieved at any age. In the documentary series *Over 90 and Loving It*, filmmaker Susan Polis Shultz highlights life achievements by people 90-plus years. This series is currently featured on public broadcasting stations, and it is inspiring.

Consider these examples that Polis captures. A 97-year-old woman celebrates obtaining her master’s degree. A couple in their 90s walk down the aisle in a marriage ceremony, and a 94 year-old is a gold-medal winner in the pole vault at the Senior Olympics.

Throughout, the series explores two primary beliefs of the featured nonagenarians: (1) most did not expect to be here this long; (2) they seem to be completely unaware of chronological age being a limiting factor in achieving their goals and pursuing their dreams.

The series also overturns ageism—that insidious belief that at any age, achievements are limited, not appropriate, or possible only in one’s imagination. The pervasiveness of ageism is a cultural phenomenon worldwide and is especially prevalent in the United States. A documentary like this helps to refute those myths and mistaken beliefs.

In this series and other age positive campaigns—the Dove series of ads, the Ontario Human Rights project, the National Center for Creative Aging’s Beautiful Minds photo display—people’s age is irrelevant. It’s what they’re doing that is important.

Touchmark is committed to promoting and encouraging personal experiences for all residents. We provide opportunities for people to explore, celebrate, imagine—and live—the possibilities. There is no age limit.

To learn more about the Full Life Wellness & Life Enrichment Program, contact a member of the Life Enrichment/Wellness team. ■

## Recent events



Retired teachers (Dora Howard, Sheila Matulys, Mary Beneventi, Lee Johnson, Verna Stoneberg, and Gladys Reiman) gathered for a luncheon to share and celebrate memories of their teaching experiences.



Pancakes, pancakes, everywhere! Residents enjoy a delicious pancake breakfast complete with a variety of toppings, including strawberry, boysenberry, raspberry, and maple nut. Dorothy Anderson donned her pink apron to help serve the pancakes.

## Coming Events

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

### Thursday, May 19, 4:45 pm

Birthday Night Dinner, with entertainment by the Hopeful Troubadours. Tropical-island theme. Wear your bright attire and sip on a pina colada or sunset mocktail. Dining Rooms.

### Monday, May 23, 10 am

Resident Council Meeting. Forum.

### Thursday, May 26, 10 am

Trip to Montana Military Museum. Lunch at Silver Star Steak Company. Please sign up.

### Friday, May 27, 2 pm

Show and tell. Bring your favorite photo. Forum.

### Monday, May 30, 11:30 am

Memorial Day barbecue. Dining Rooms.