



A Touchmark® community  
Est. 1980

# Con“grad”ulations!



Residents pass the microphone and offer their well wishes to team members who are graduating from high school and college and moving on to new adventures. Bernice Fletcher said, “We are going to miss the smiles and kindness.” Ruth Lemon echoed the sentiment by saying “We are going to miss you, and we love you.”

## Celebrating good citizens



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

**“It is not always the same thing to be a good man and a good citizen.” — Aristotle**

Do you remember learning the fundamentals of being a good citizen? Maybe not, since the values are introduced to children as early as kindergarten—and even before that at home. Five basic values have not changed over the last millennium. They are honesty, compassion, respect, responsibility, and courage. Being

a person of good character, though, is not the same as being a good citizen. Being a good citizen translates character into action.

It is not hard to recognize when people have incorporated core values into their life practices. Think of the neighbor who watches out for the neighborhood; the volunteer who gives time, talent, and resources to causes that are in the best interest of the local—and global—community; the taxpayer and voter who carry out their responsibilities in a timely and honest way.

Valuing the opinions and actions of others—even those who may disagree with us—is another important attribute, along with demonstrating courtesy and respect.

As we celebrate patriotism on Canada Day and *(cont.)*

(cont.) Independence Day, let's also rejoice in the good citizens who support their community and country with lives well-lived. Those people who do the good deeds, have caring hearts and are loyal and supportive to family, friends, neighbors, and even strangers. They may or may not wave flags or get involved in politics, but they "walk the talk" by genuinely supporting and contributing to the greater good of all.

The Full Life Wellness & Life Enrichment Program™ at Waterford invites every good citizen to be a contributor to the goal and mission of enriching people's lives. To participate in planning and activities that support this mission, contact a member of the Full Life™ team. ■

## Coming Events

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

### Saturday, July 16, 7:30 pm

Bus leaves for Symphony Under the Stars—The Harlem Renaissance at Carroll College.

### Friday, July 22, 2 pm

New resident welcome reception. Forum.

### Monday, July 25, 10 am

Resident Council Meeting. Forum.

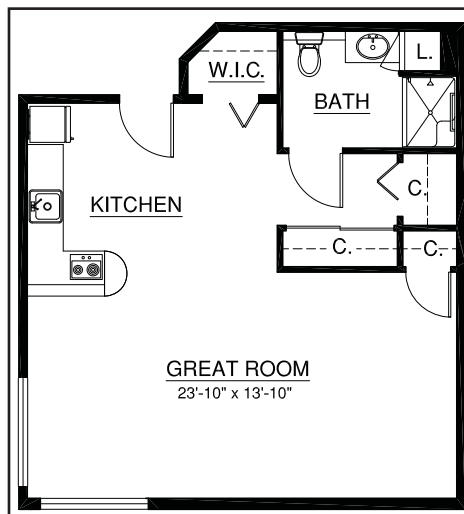
### Wednesday, July 27, noon

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

### Saturday, July 30, 10 am

Bus leaves for the Helena Farmers Market. Pick up some fresh, local, and healthy fruits and vegetables. Meet in Lobby.

## Celebrate an enriched life



Apartment 105 is a large studio offering plenty of storage space and a convenient first-floor location. Call today for a personal presentation.



This Chelsea cottage home is located at 921 Saddle Drive and has 1,250 square feet. You'll have plenty of room for entertaining, storing all your treasures, and living the good life in this two-bedroom, two-bathroom cottage. The new flooring and open floor plan are the finishing touches on your new home. Call or stop by today for a personal presentation.



## Recently spotted at Waterford



Residents put their imaginations to work and paint wine glasses in the Garden Wing. Carolyn Bryant painted a purple butterfly, and Jeff Stokes (above) painted a crab and a dolphin to represent the ocean.



Residents gather in the lobby to enjoy a glass of wine, cheese, crackers, and smoked salmon before dinner. “We should call this happy hour,” said Doris Buswell. Vera Stamy added, “I was able to see people that I have not seen for awhile. Cheers to that!”

# Brain Builders



Generate some words! Think of and write down things that are red. Example: apple.

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2. \_\_\_\_\_
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14. \_\_\_\_\_
15. \_\_\_\_\_
16. \_\_\_\_\_

## Just for laughs!

*Where does a cat go when it loses its tail?*  
The retail store.

*Why don't cats play poker in the jungle?*  
Too many cheetahs.

*Why did the cat put oil on the mouse?*  
Because it squeaked.

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

## Honoring the flag



The Waterford Reader's Theater Group planned a Flag Day celebration. Resident and reader Peter Knapp opened the program with a selection about the history of the flag and the holiday. The Montana Army National Guard Honor Guard performed a flag-folding ceremony.