



A Touchmark® community



Each month is full of enjoyable activities



Message from
Merry Lunde
—Executive Director

February was a great month. A crowd of more than 150 danced the night away to the music of Queen City Swing on Valentine’s Day. High school students came dressed in formal attire to dance with residents. Students were taught the waltz, and residents were taught to line dance. Throughout the evening, stories were shared over plates of delicious food, laughter was heard from all corners of the room, and when the evening came to a close there wasn’t a doubt in anyone’s mind that this was a great evening! Plans are already in the works for next year, so save the date.

Check out the events that our Life Enrichment team has put together for this month. Our annual trip to Butte for St. Patrick’s Day is set. If you haven’t been, don’t miss it. And don’t worry, we’ll be back in time to enjoy our local celebration.

Whether you have joined our Waterford family from your home in Montana or a neighboring state, you will be greeted by a group of friendly people, who are eager to welcome you. We’ll help simplify your life, so you will have more time for fun. It’s always “a great day at the Waterford.”

A life in balance: simplicity

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

We live in a 24-hour, complete-access world. Via cell phone, fax, computer, telephone, pager, e-mail, GPS, and more, almost anyone can find us anytime. Along with all the benefits of enhanced communication technologies, there are additional expectations of getting back to everyone—and if we miss the call, maybe even a new task or assignment left on voice mail (another amazing feature of our modern world).

To add to the din, we are constantly inundated by the advertising world to buy “new and improved” versions of everything; sign up for extended cable TV (that we have no time to watch); and subscribe to endless magazines and newspapers that may be stacked in the corner waiting to be read. The net effect is more responsibilities, more expectations, and, in general, more “stuff” in our lives and living spaces. Maybe it’s time to simplify. Here are a few ideas to consider:

1 Just say “no.” Give yourself permission to refuse those things that do not bring you life satisfaction and inner peace. Spend time with people, causes, and activities that you choose—not those that others choose for you.

2 Spend time creating joy. It is important to make appointments with yourself to do whatever brings the most joy and happiness. That may be time alone, time with special friends, time with a good book.

3 Don’t hang onto things you don’t want or need. Clean out the closet and drawers and throw or give things away. If it’s broken, and you need it, fix it or replace it.

4 Stop spending time to save money. Time is the only commodity we have any control over—spend it well. Given the price of gas today, are you really saving anything by going to three stores to save 50 cents?

5 Take a moment (or more) each day to be grateful. Gratitude makes the heart smile.

A major focus of the Life Enrichment program at Waterford is to assist residents and their families in creating a life that makes sense. For support with setting goals that will simplify and clarify your choices and preferences, contact Life Enrichment Director Susan Hill. It's never too late to simplify and make choices for well-being and a life in balance.

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Charming apartment for rent

by **Lorri Chugg**
—Community Relations Director

Since last fall, Waterford has welcomed new residents from cities and towns across Montana as well as many folks from out of state, such as Connecticut, Arizona, Ohio, and California. As you can see, we are a diverse group.

Currently, we have a lovely two-bedroom apartment with a fabulous view of the Helena Valley and Belt Mountains. Enjoy this spacious 1,150-plus square-foot home, which includes fine dining, weekly housekeeping, exercise classes and equipment, and access to a variety of social activities. To take a look at this lovely home or to join us for lunch one afternoon, contact me at 406-449-4900, ext. 104.

Upcoming events

Thursday, March 16, 2 pm—Enjoy stories from resident Paul Kleffner on raising his family on the ranch.

Friday, March 17, 10:30 am—St. Patrick's Day. Waterford Pub in Butte.

Monday, March 27, 10 am—Helena Regional Airport Director Ron Mercer will speak at the Resident Council meeting.

Friday, March 31, 2 pm—Classic High Tea.

Call Susan Hill for more information or to register.

Let Your Spirit Soar

Writers, photographers, and poets live and create in Touchmark communities, and Touchmark is featuring some of this talent and creativity in each newsletter. The Let Your Spirit Soar theme for March is Humor and Life Balance.

by **Virginia Peterson**
—Resident

Plant Four Rows of Squash

1. Squash gossip
2. Squash indifference
3. Squash grumbling
4. Squash selfishness

Plant Four Rows of Lettuce

1. Lettuce be faithful
2. Lettuce be kind
3. Lettuce be patient
4. Lettuce really love one another

No Garden is Without Turnips

1. Turnip for meetings
2. Turnip for service
3. Turnip to help one another

To Conclude Our Garden, We Must Have Thyme

1. Thyme for each other
2. Thyme for family
3. Thyme for friends

Water freely with patience and cultivate with love. There is much fruit in your garden because you reap what you sow.

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For April, please submit a story with a photo. Deadline for this issue is March 15. For a list of the guidelines, monthly themes, and deadlines, please contact Life Enrichment Director Susan Hill.

Resident creates and donates quilt to local nonprofit



Waterford resident Virginia Peterson shows off the quilt she created to Terry Chaney, development director for the Intermountain Children's Home and Services, located in Helena. Virginia donated the quilt to the organization. Her connection with Intermountain began when she donated money she received from friends and loved ones in memory of her husband, who was fond of children. Those funds were used to purchase playground equipment. The nationally recognized nonprofit has been specializing in residential and outpatient services for children since 1909.

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Medicare Part D is in place, but many still have questions

by Winona Phelps, RN
—Medicare Manager, Touchmark

Beginning January 1 of this year, Medicare began offering the new prescription drug insurance program—Medicare Part D—to people who enrolled in 2005. Over the past several weeks, media stories, cartoons, and talk-show programs have highlighted various aspects of the new program and its implementation. Many eligible people still have questions and haven't enrolled, which is understandable, given the program's complexity. In spite of this, the Senate recently voted down an amendment that would have delayed the enrollment deadline.

May 15 is the last day to join a plan and receive coverage for

2006—and avoid financial penalties. Those joining after May 15 will have to pay a penalty as long as they have a Medicare drug plan. (The next enrollment opportunity will start November 15 for coverage beginning in 2007.)

There are several Web sites with helpful information. At the top of this list is the www.Medicare.gov site. In the center of the main page is a link titled "BenefitsCheckUpRX, which takes you to a helpful resource prepared by the National Council on Aging. By answering the questions here, you'll learn:

- ▶ "How your current insurance or other prescription drug coverage affects your options and rights under the new Medicare Prescription Drug Coverage.
- ▶ Whether you qualify for extra help with your costs under the new Medicare Prescription Drug Coverage.
- ▶ If you are likely eligible for additional government benefits that can save you money on your medications.
- ▶ If it makes sense for you to start comparing the plans that are available in your area."

Once you complete the questions, you can print out a personalized report that lists programs, phone numbers, and directions to enroll in the programs.

Another helpful resource is www.SocialWorkers.org. And, of course, Waterford staff are always available to help clarify information, guide people through the Web sites, and answer questions. Let us know if we can help you.

