



A Touchmark® community

Waterford on Saddle Drive

May 2006



May—a month to celebrate



Message from
Merry Lunde
—Executive Director

Springtime has arrived in Montana, and wow, are we enjoying the sunshine. May is a month to celebrate the new season, to embrace the love of mothers and grandmothers, who give much to those they love, and to honor the memories of those we have lost.

Mother's Day is a special time at Waterford. We are blessed with the sage advice of many ladies, who share their life's experiences with us. I value their knowledge, their compassion, and their strength very much. Families and friends will gather on Mother's Day for our annual Mother's Day Brunch—we're glad it has become a Waterford family tradition.

Don't miss the opportunity to be involved in the National Senior Health & Fitness Day celebrations. We'll have 12 booths and demonstrations at Waterford on May 31. On June 1, we'll be at Spring Meadow Lake for our Stepping Out walk around the lake. Try out fly-fishing with Rocky, hit a golf ball, or enjoy your lunch in the sun. Don't miss the many opportunities to enjoy an active lifestyle at Waterford.

Celebrate National Senior Health & Fitness Day

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

This year, the President's Council on Physical Fitness and Sports celebrates its 50th anniversary with a campaign titled *Get Americans Moving*. One of the Council's areas of focus has been the impact of physical activity on healthy aging for individuals over the age of 65. Prior to the Council's work in this area, all of the testing norms and protocols used to measure physical fitness and performance were based on college students and Caucasian males around age 40. It isn't hard to see why they didn't apply to other age groups within the population.

Here are a few facts the Council has verified in the last 50 years:

- **Adults 18 and older need 30 minutes of physical activity on five or more days a week to be healthy.**
- **Significant health benefits can be obtained by including a moderate amount of physical activity (e.g., 30 minutes of brisk walking or raking leaves, 15 minutes of running, 45 minutes of playing tennis). Additional health benefits can be gained through greater amounts of physical activity.**
- **Thirty to 60 minutes of activity broken into smaller segments of 10 or 15 minutes throughout the day has a significant health benefit.**
- **Moderate daily physical activity can reduce substantially the risk of developing or dying from cardiovascular disease, type 2 diabetes, and certain cancers.**

- **Thirty-seven percent of adults report they are not physically active. Only three in 10 get the recommended amount of physical activity.**

As the Council turns 50, the organizers of National Senior Health & Fitness day are preparing for its 13th annual celebration on Wednesday, May 31. More than 1,000 local organizations in cities large and small in all 50 states will host a variety of health-and fitness-related activities based on the interests of their local constituents. We invite you to attend the special day of health awareness and activity being celebrated at Waterford. Life Enrichment Director Susan Hill is soliciting participants and volunteers to make May 31 a day to remember. Mark your calendar now and join the celebration for improved health and wellness.

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Waterford offers active community

by **Lorri Chugg**
—Community Relations Director

One of the highlights of being part of the Waterford community is the numerous opportunities to socialize. Throughout the month we have planned social activities both within Waterford and the Helena community. Relax to sweet music at various recitals, dig into books at the annual book fair, join a trip to the Grand Street Theater, and find flowers for spring at the Archie Bray’s Mother’s Day Pots and Plants Sale on Saturday, May 7.

We will end the month with our first health and fitness fair in conjunction with National Senior Health & Fitness Day on May 31. We will host a variety of vendors and professional speakers, who will offer health- and fitness-related demonstrations. June 1 there will be a Stepping Out walk and recreational demonstrations at Spring Meadow Lake.

Whether you want to participate a little or a lot, the Waterford welcomes you! For information about our resort-style retirement living, contact us at 406-449-4900.

Upcoming events

Tuesday, May 9, 7 pm—Piano recital with Barb Durkey and students.

Thursday, May 11, 6:30 pm—Guitar and singing by Doreen Greg from Oregon.

Tuesday, May 23, 10 am to 3 pm—Book fair.

Wednesday, May 31 and Thursday, June 1, 10 am to 3 pm and 10 am to 1 pm—National Senior Health & Fitness Day celebration: “Fitness - A Lifetime of Benefits” at Waterford and Spring Meadow Lake.

Call Susan Hill at 406-449-4900 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 May is a story about a fitness routine or sport passion.

The active life

by **Dave Thomas**
—Resident at Touchmark’s retirement resort in Bend, Oregon

Jock (slang): an athlete. Example: Bill Cass. Bill began playing sandlot baseball at an early age. Choosing sides, using the bat to determine who gets to make first pick. “We used stones for bases, which must have caused more than a few sprained ankles, but that’s the way it was,” jokes Bill.

Shortstop and second base were Bill’s favorite when he played ball at Bristol High School in Connecticut. Bill stood six feet tall and was also a natural when he played offensive end and defensive back for the football team at Bristol. But just to round things out, Bill played basketball, too. By the time he graduated midyear in 1945, he had lettered in all three sports.

After a short stint in the US Navy Air Corp, Bill received a \$300-a-year scholarship to the University of Connecticut (UCONN, the other Huskies) and right off the bat, he lettered once again in all three sports. He went on to major in business, and it was there, at UCONN, that he met

his beautiful bride-to-be, Betty. He spent his summers in Vermont, Tennessee, and even in Canada, where he played semiprofessional baseball. One summer he even played ball for the Bristol Bees, a farm team of the Chicago White Sox organization.

Once graduated from university, Bill promised Betty they would get married when she had her degree. Three months later they not only married, but Bill accepted a good paying job as an insurance agent at John Hancock Insurance Company, which was to be a lasting partnership for 35 years. Bill went through the ranks and retired after becoming a regional vice president. Their journeys have taken them to five different states (Oregon was number six.), and they've moved 13 times.

During that time, they raised four handsome sons, Bill Jr., Scott, Randy, and Tim and a beautiful daughter Lisa ("their reward"), who is their pride and joy along with Bill and Betty's 10 "wonderful" grandchildren. Their active and athletic lifestyles have been passed down to their children, who are all accomplished athletes in their own right. Each of them plays tennis, baseball, and golf, and they love spending time playing these sports together. And so, the beat goes on ... Who could ask for anything more than great health and a wonderful family? This is the true definition of success and fulfillment.

For June, we will feature a nostalgic story. Deadline for this issue is May 10. For a list of the guidelines, monthly themes, and deadlines, please contact Life Enrichment Director Susan Hill.

People who make a difference

by Freida Park
—Resident and Sunshine Committee member



Gil Gilbertson

A volunteer is one who puts an attitude of gratitude into action. We have an excellent example of volunteerism at the Waterford. He is Carlyn Gilbertson. Gil, as he is affectionately known, has given time, talent, and energy to many worthy causes.

They include:

St. Peter's Hospital

Talking Book Library—sound equipment

Helena Chamber of Commerce Visitor's Center

Kiwanis—member, works with Travelogue program

Our Redeemer's Lutheran Church

Sons of Norway—officer

Gil has graciously and capably served as chairman of Waterford's Activities Committee for many years. Volunteers don't have more time than others; they just have heart. They are very special folks. Gil, we wish you a continued wonderful life with our heartfelt gratitude for all you have done and are doing.

Touchmark cruise winner sets sail May 26

Spokane-area resident and Touchmark's 25th Anniversary Life Enrichment cruise winner P.J. Brenden and her husband depart for Europe May 26. Once arriving in Athens, the couple will travel 15 days on the ms Rotterdam of Holland America Line and will visit Rome, Monte Carlo, Paris, Lisbon, Barcelona, and other "grand European capitals," which is the title of the cruise they selected.

A self-proclaimed art enthusiast, P.J. knew Europe would present an enriching experience. "The biggest draw was Paris. I literally tear up when thinking about standing in front of the Mona Lisa," says P.J.

P.J., who is an avid quilter, visited Waterford on South Hill in Spokane, Washington, during its popular quilt show last year and signed up for Touchmark's 25th Anniversary Life Enrichment cruise drawing. "This is really a coveted trip for me," says P.J. "I started dreaming about the trip at 17. ... I'm just very grateful [to Touchmark]. ... It will be life enriching—a once-in-a-lifetime gift."

To follow the couple's cruise adventures, visit touchmark.net/com/cruise/index.aspx.

