



A Touchmark® community



## This month kicks off summer



*Message from*  
**Merry Lunde**  
—Executive Director

It's official—summer is here! We welcome this season in many ways here at Waterford. The long-awaited last day of school has arrived, and residents look forward to visits from their grandchildren and great-grandchildren. Our guest rooms are booked with family members from across the country coming to enjoy the company of family and the great state of Montana.

The summer months offer so many opportunities for travel and outdoor enjoyment. The bus will soon hit the road for mystery dinners, trips to neighboring towns, and tours of local historic places. It is always fun to listen to “locals” share their memories of the places they have visited. It doesn't take long for new residents to know they have found a warm and friendly group of friends at Waterford.

We will be celebrating Father's Day this year with a steak dinner honoring fathers and grandfathers, who guide us with their wisdom, and in many cases, with their sense of humor. You can always count on Sandy to share a touch of humor with you throughout the day! We are blessed to have these fine gentlemen with us every day. Enjoy the summer sunshine; visit us here at Waterford.

## Connecting the generations

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

In the modern world—at least throughout much of North America today—the “wisdom of elders” is often overlooked and sometimes unattended. The lessons of the past have shown that the elder statesmen, scientists, businesswomen, poets, writers, homemakers, and philosophers have provided wisdom and life experience to all of us via the political process, cultural enrichment, and critical thinking. In today's society, however, it seems that we have forgotten the contributions of our elders through the ages.

**“One thing is certain,  
and I have always  
known it—the joys of  
life have nothing to  
do with age.”**

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—*May Sarton, poet*

William Thomas, MD, is a researcher and practitioner who has studied the phenomenon of isolating older adults. He states that, “Loneliness, helplessness, and

boredom are impervious to the silver bullets of modern medicine.” As people age, what they need to offset the possible loss of family, neighbors, and friends are caring relationships provided by an environment of support and sustaining efforts of goodwill.

Children may or may not have access to the opportunity to share their dreams and stories with a grandparent or older adult who is not a member of their family. The intergenerational programming in Touchmark communities is designed to bring people of all ages together to enrich

each other's lives. In many program offerings, children are gaining knowledge and respect while developing genuine mutual friendships with residents in their seventh, eighth, and ninth decade of life; in fact, there are centenarians in some communities. Programs and events are held both inside and outside Waterford to support ongoing relationships among residents and guests of all ages. To contribute ideas or volunteer in the Full Life intergenerational programs we sponsor, contact Life Enrichment Director Susan Hill.

Residents living in Touchmark communities also can take advantage of several computers located in Touchmark libraries or business club rooms. For more information, please contact the front desk.

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## Summer ... the perfect time

While summer is a great time to sit back, relax, and enjoy life, it can also be a time to plan for the future. Why not plan that move now? In Montana, making a move when the weather is nice is much more enjoyable than when it turns cold!

Waterford currently has two spacious one-bedroom apartments available for lease. Don't wait until the weather changes! Give us a call today at 406-449-4900; staff are always excited to show off the beautiful community. And top off your visit with lunch in the lovely dining room.

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## Touchmark's unique family e-mail helps bridge the digital divide!

Increasingly, people of all ages are turning to the Internet and e-mail to keep in touch and send photos. If you have family or friends living at a Touchmark community who don't have e-mail, you can still communicate with them electronically by using Web e-mail. Here's how:

- Go to **Touchmark.com** and locate the appropriate community.
- Once you're on the community page, click on the **Contact Us** on the left-hand side.
- A screen that lists several options will load; click on **Send a Message** to a Resident.
- Write your message.
- Click **Send**.

The message is sent to a designated staff member, usually in Social Services of Life Enrichment, who prints the e-mail and hand-delivers it to the recipient.

Beverly den Ouden's father lives at Waterford at All Saints in Sioux Falls, South Dakota. "My father is frequently in my thoughts, [and] the quick use of the e-mail is a convenient and meaningful way to connect those thoughts to the person I love."

If a resident wishes to reply to an e-mail, he or she can contact the staff member who hand-delivered the e-mail. The staff member will work with the resident to compose and send an e-mail response.

## Upcoming events

**Thursday, June 15, 10 am to 5 pm**—Waterford's Annual Quilt & Art Show.

**Tuesday, June 20, 9:30 am**—Bus leaves Waterford for the Great Falls with lunch at Park and Ponder Coffee House.

**Thursday, June 22, 6:30 pm**—Entertainment by Wilbur Reihman Quartet.

Call Susan at 449-4900 for more information or to register.

## People who make a difference

*by* **Mary Lousie Loucks**  
—Resident

Resident Mary Little contributes many happy smiles and kindness with her friendship to all. We, the residents of Waterford, thank you, Mary.

Her parents provided a happy home life that gave Mary the skills to interact with friends and neighbors. The public schools in New Hampshire gave her an excellent foundation. Mary met and married her husband, Bud Little, while

attending medical laboratory training in Hanover, New Hampshire.

Mary loves being active in the wonderful outdoors. Skiing and riding horses are her hobbies, and she is skilled at both. She enjoys reading her favorite author, Olive Schreiner, visiting museums, and drawing. When asked what her one wish would be, her answer was to eliminate war and turmoil in the world.

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## 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 June is "I remember when ... ."*

## Frontier medicine

*by* **Freida Park**  
—Resident

I remember the two bottles of medicine that stood side by side on our cupboard shelf. One was labeled liniment, and the other was castor oil. The liniment was commonly used for aches and sprains, sore muscles, and what all old-timers called rheumatic. I remember hearing about horse liniment, and I believe that which was in our small bottle came from a larger bottle stored in the barn.

More familiar to all of us was the large bottle holding a thick lovely, light-yellow, syrup-like liquid. The sight of this bottle was enough to bring forth retching and gagging sounds from us kids. It was, of course, the remedy for all childhood illnesses: colds, fever, chicken pox, measles, imagined constipation, diarrhea, and stomach upsets from eating green gooseberries. We were told that holding our noses while tipping our heads back, mouths wide open, and eyes clamped shut, would help it go down. To mix it with anything else only ruined forever the taste of whatever it was mixed with. There was no malingering about being "too sick to go to school." We knew the consequences of that attempted deception. Yes, a double dose of castor oil.

My parents were firm believers in the "spring tonic" ritual. I don't know where they bought the sulfur, but the molasses was a staple in our pantry. This mix was usually fed us about the time of spring, when we could change from

winter underwear to spring underwear. It was believed that our blood had thinned down during the winter months, and we needed a boost to get us ready for the active summer months. This may have also been the preventative for an imaginary attack of worms. The last time we had this obnoxious mixture was when my Aunt Fanny insisted that mother grind up pumpkin seeds to add to the effectiveness of this spring tonic. Mother misunderstood the directions, or forgot to remove the kernels from the outer hard shells, and the mix was very rough and hard to swallow. We got sick from this treatment, but mother helped us through this crisis with her other cure-all (besides castor oil), cinnamon toast in a bowl with rich warm milk.

A toothache was cured with a piece of wet cotton rolled in ground cloves and applied to the gums and on the aching tooth. A deeply embedded sliver was treated with a piece of salt pork and brown sugar worked into the pork. The salt drew the sliver out, but I don't know what the brown sugar accomplished.

Dad's snake-bite medicine was kept in his office in an apricot-brandy bottle. I never got to taste that, never having been bitten by a snake. He suffered an occasional snake bite.

Mud dabbed on bee stings, mosquito bites, and stinging nettle rashes, sometimes worked. Also, if we had a really miserable itch, a paste of soda and water was applied. Usually time healed these minor problems.

I will have to do some research on other cures used during those early days when we lived so far from doctors or hospitals. Ah, life was good and simple then, and other than the enemas and castor oil, we stayed healthy and happy with our mother's home cures. (I think the use of castor oil would now be termed "child abuse," and who knows what category an enema would be considered.)

*For July, please submit a poem featuring patriotism and community service. Deadline for this issue is June 10. For a list of the guidelines, monthly themes, and deadlines, please contact Life Enrichment Director Susan Hill.*

