



A Touchmark® community

Waterford on Saddle Drive

February 2006



Waterford to host A Red Carpet Affair



Message from
Merry Lunde
—Executive Director

February brings a lot of fun and excitement to our community. We host a dance each Valentine's Day, complete with live music provided by Queen City Swing Band, refreshments, and hors d'oeuvres. (See the photo from last year's event on the last page.) Our Life Enrichment staff are busy creating a festive atmosphere in the dining rooms to reflect this year's theme: Hollywood—A Red Carpet Affair. Our entire staff join in the fun. The memories, stories, and smiles last for days. Our greatest reward is the positive differences we can make in people's lives.

We invite you to join us here at Waterford. The many people who live here and graciously share their life's experiences with us look forward to each time a new person chooses to join our Waterford family.

The heart of the matter

Marge Coalman, EdD

—Wellness & Programs Director, Touchmark

*"The best and most beautiful things in the world cannot be seen or touched ... but are felt in the heart."
—Helen Keller*

In our culture the word heart has multiple meanings. Consider this, according to the American Heritage Dictionary: **heart**: n. **1.** The chambered, muscular organ that pumps blood received from the veins into the arteries, maintaining the flow of blood through the circulatory system. **2.** The vital center and source of one's being, feelings, and emotions." How did one word get to be so "bipolar" in its definitions? Anthropologists debate the source for the designation of the human heart being the control center for emotions and feelings, but many believe that it is due to the critical nature of this important organ in regard to sustaining life.

In today's world we know the importance of good heart health. With the advances in medical science and research, physicians can accurately determine the condition of the heart and its supporting network of veins and arteries through a variety of tests, scans, and blood work. High cholesterol, obesity, smoking, inactivity, and a host of other less prominent risk factors all contribute to the viability of the body's most important organ in sustaining life. Further, there are multiple medications, surgeries, and treatments to improve the function of this hardworking muscle. Rating one's "heart health" via an annual physical exam is not only prudent but critical to healthy aging.

February is heart month in the United States and internationally, and it has far more to do with education and well-being than Valentine's Day and chocolates. The

offerings and activities of Waterford's Life Enrichment and Wellness program focus on providing educational and physical opportunities for residents, their families, and guests to know how to have a heart-healthy lifestyle. Our goal is to support optimal aging and well-being for every resident every day.

The theme for March is Humor and Life Balance. Deadline for this issue is February 8. For a list of the guidelines, monthly themes, and deadlines, please contact Life Enrichment Director Susan Hill.

Waterford to build new single-level homes

This past November, Waterford was granted final approval from the city of Helena to begin construction on the new development of spacious single-level homes with unobstructed views of the Sleeping Giant Mountain Range and the Helena Valley. Be one of the first in line for a beautiful new home that boasts carefree living. Stop by Waterford or call us at 406-449-4900 or 800-336-0716.

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 February is Heart-to-heart.

Search for the gold

Mary Louise Loucks

—Resident

While watching an interesting program about the search and transformation of that sought-after dream of gold, this story developed.

As I looked out the window, several beautiful yellow butterflies were fluttering around the lavender lilacs. Their gold was in the nectar of the blossoms. My dream took a turn when I realized that the gold is found in our lives every day.

These "golden years" are really golden as I think of the moments of gold I have found here at the Waterford. The friends, the smiles, the help, and encouragement we give and receive, the pleasant surroundings, the lovely decor, and the many amenities provided us. These are creative comforts that add to our surroundings and innerselves.

All our problems and sadness make our dreams of gold more appreciated and add to our enrichment of life.

The search for gold is worth the seeking.

It's time to make your reservation!



If you're interested in participating in Touchmark's Fall Foliage cruise, which sails October 21, 2006, it's now time to make a \$250 deposit to hold your room and guarantee the price.

The cruise is open to all Waterford residents, family, friends, investors, and staff. The special group rate is based on availability and is per person with double occupancy in each cabin:

- Outside cabin-\$1,585
- Outside cabin with balcony-\$1,785

The cost includes insurance, taxes, and round-trip transfers. (Travel to and from New York not included.)

The Star Princess will depart New York City for a stunning seven-night cruise that will take in the fabulous fall foliage of the eastern seaboard. Travelers will visit Halifax, Nova Scotia; St. John, New Brunswick; Bar Harbor, Maine; Boston, Massachusetts; and Newport, Rhode Island. Brochures are available at Waterford with more details.

Sign up now for a colorful and memorable cruise. For more information and to make your deposit, call Edwards LaLone Travel at 800-288-3788.

Meet Waterford's Dietary manager

Lorri Chugg

—Community Relations Director

We have a great new addition to the management staff here at Waterford. Adam Mendez, Sr, joined our staff last summer as assistant dietary director from Quail Lodge in Antioch, California. In December, he was promoted to dietary manager. Not only does Adam bring experience in food service, but he has an incredible amount of enthusiasm and a wealth of great ideas.

Adam has four children, ages 2 to 12, and his wife is expecting their fifth child in June. "In my spare time, I enjoy coaching my sons' baseball and soccer teams," says Adam. "I also enjoy working in my yard." Adam was born and raised in the Bay Area.

Adam shared with me that as a child he spent hours in the kitchen cooking with his mother, and years later his enthusiasm for food led him to Diablo Valley College in Los Angeles, where he studied for three years in the culinary arts program.

"I love the Waterford and this business, because I am able to prepare different foods daily," shares Adam. "The kitchen staff and I get a lot of satisfaction out of residents being happy with their meal."

Adam has enhanced our Sunday brunches to include made-to-order omelets and fresh waffles. He made the December Birthday Night very special with prime rib and a chocolate strawberry tree. We look forward to what Adam has in store for us in 2006.



Dietary Manager Adam Mendez serves and creates delicious culinary creations for residents and staff.

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Newsletter also available by e-mail

If you, a family member, or a friend would like to receive this monthly newsletter by e-mail, please contact Community Relations Director Lorri Chugg at 406-449-4900, ext. 104 or by e-mail at lsc@whmtmail.com.

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Upcoming events

Tuesday, February 14, 7 to 9:30 pm—Valentine's Day Prom. The theme is Hollywood—A Red Carpet Affair. Queen City Swing Band will provide music. Cocktails and hors d'oeuvres will be served. Presented by Waterford Life Enrichment and Mountain West Bank Summit Club. Four Seasons and Sleeping Giant dining rooms.

Thursday, February 16, 1:30 pm—Poker Walk. Five different stations will be set up around the Waterford main building, where you will receive a playing card. The best hand for five-card poker will win.

Thursday, February 23, 11:30 am—Lunch at Bert & Ernie's. Meet in front lobby of main building. Bus to leave at 11:30 am.

Call Susan Hill for more information or to register.

Join the Valentine's Day festivities



Residents and guests danced the night away at the 2005 Valentine's Day celebration. Join us Feb. 14 at 7 pm to celebrate with live music, dancing, and great food.