



A Touchmark® community



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.”**

—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 Betty Doerschlag.

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Waterford Relay Across America 2006—following Helga Estby’s walking journey

by Betty Doerschlag

—Life Enrichment Director

Throughout the summer, Waterford residents will be participating in a competitive walking challenge with five other retirement communities and three senior centers. We hosted the kickoff party May 31 with the motivational speaker and author Linda Hunt. Linda wrote *Bold Spirit*, a compelling story of a Spokane woman’s walk across America to save the family farm in 1896.

Helga Estby, a Norwegian immigrant, dared to cross 3,500 miles of the American continent to win a \$10,000 wager. A mother of eight children, she attempted to save the family homestead in eastern Washington after the 1893 Depression had ravaged the American economy. Leaving Spokane, Washington, with only \$5 in her pocket and dressed in full-length skirts, she followed the railroad east

as newspapers chronicled her adventure.

In memory of Helga Estby's tenacious spirit, Waterford residents are following her epic journey across America by tracking their walking mileage and posting their weekly walking totals on a U.S. map, which is displayed in the Health and Fitness Center. Check Waterford's newsletter for monthly mileage updates.

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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.

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.

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"

The honeymoon that wasn't

by **Bob Hopp**
—Resident

For better or worse, my high school sweetheart and I were married in the quaint, little white chapel with the traditional steeple at Fort George Wright, where I had been stationed for some time, on June 2, 1944. I was a Corporal in the 4th Air Force at the time, with the magnificent take-home salary of \$59.50 per month after the \$6.50 deduction for life insurance. One could purchase a delicious ham steak dinner with all the trimmings at the noncommissioned officers club for \$1.50, but we couldn't afford that very often. Irene had been ill with a persistent, nasty flu bug for several days prior but was feeling much better on that day, for which we were very thankful.

It was not possible to obtain a leave for an extended honeymoon. Gasoline, while only 16 cents per gallon, was rationed. And that precluded driving any significant distance. Friends of my family offered us the use of their summer home located on beautiful Diamond Lake. The owners had drawn a very inadequate sketch of the location on the inside of a paper matchbook cover and gave us a key to their cottage. The key turned out to be one that we used to call a pass-key. We had absolutely no idea what our accommodations would be like, but knowing that our hosts were quite well off financially, we had great expectations.

The sun was shining in the west in all its glory when we arrived at the lake home that seemed to be represented on the matchbook cover sketch. When I attempted to unlock the front door, nothing happened; so I looked around the house and discovered an exterior door on the second floor that had no access. In great desperation and panic, I climbed the nearby tree and "WOW," the key opened the door. I had just stepped inside when I heard someone outside hollering at the top of his lungs, "What in the H-E double L are you doing up there?" Whereupon I meekly scrambled down the tree after locking the door, and showed the man the matchbook

and explained our situation. If he is still living, he is probably still laughing, too!

Anyway, the man pointed out the correct home, and we proceeded on our way. It was too bad that the first place was the wrong one, because the correct one left a whole lot to be desired. It turned out to be a one-story cottage with three rooms and a path to a chic sales. I am sure many of you can relate to that. It was located between a railroad track and a beach near the water.

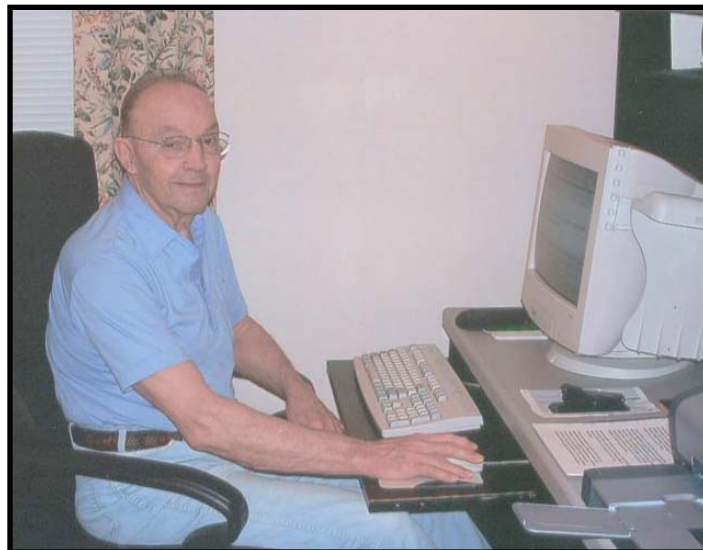
By this time there was very little daylight left, so we decided to unpack and settle in for the night. The home had no running water, just a pump located in the front yard on the lake side, and it did not work. Wouldn't you know, about that time, the flu bug caught up with me. Well, the fun was just beginning! I needed to use that small outbuilding down the path with the crescent design in the gable, but just then Irene chose to come out of the house, closing the door behind her, which of course locked, and there we were, with the keys to the house inside!

As sick as I was, it was necessary to break the window over the kitchen sink and crawl through it. The next day we drove to Newport, and I purchased glass and putty to replace the broken window. A pound of putty was probably enough for three windows, but I was spreading it with a table knife and ran out of putty about halfway around the frame. When I turned it over, I discovered the putty was smeared three fourths of an inch out on the glass!

The next day we decided to go for a walk down the railroad track. As I looked down along the side of the tracks, I saw an old discarded, leather-soled shoe. When we returned to the cottage, I proceeded to take the pump apart and managed to cut a new leather piece from the old shoe. After priming the pump, we then had water other than the lake to use, but my three-day pass was about to expire.

Recently our grandson and his new bride spent their honeymoon of about 10 days on Maui in a luxurious hotel on the beach, with all of the amenities anyone could desire. But just think about all of the experiences my wife and I had that they missed out on! I feel blessed that my wife and I have had nearly 62 years of marital bliss, and our vows are still intact.

For June, we will feature a nostalgic story. Deadline for this issue is June 16. For a list of the guidelines, monthly themes, and deadlines, please contact Life Enrichment Director Betty Doerschlag.



Bob Hopp

Upcoming events

Friday, June 23, 4 pm—Bus leaves Waterford for dinner at Dockside and *A Chorus Line* at Summer Theater in Coeur d' Alene, Idaho.

Every Tuesday, 10:30 am—Tai chi classes.

Daily—Summer competitive walking program. Daily mileage is logged and totaled at the end of each month. In September the winners will be announced.

