



New year brings new adventures



Message from
Barbara Romano
—Interim Executive
Director

Hello. Chuck Faylor has taken a position with a local developer, and I have been named interim executive director. Chuck was instrumental in organizing staff, spent countless hours with residents, did lots of behind-the-scenes work to help prepare for the lodge openings, and was a key person in getting the golf course running. Chuck was warm and fun and was excellent at building community relationships in the Boise area. We will miss him and wish him the best at his new job.

Here's some information about me. I'm a northern California native, who moved to the Boise area a little over a year ago via Utah and Arizona. I was transferred to Boise in 1999 with Albertsons and loved the people and mountains so much that I decided to return and make it my permanent home.

I'm a graduate of St. Mary's College in Moraga, California, earning a Bachelor of Science in economics/accounting and a master's degree in business. My business background includes start-up operations in the hospitality and retail industries. And at one time, I owned and operated my own business.

I have a passion for photography, and some of you may have already seen me with my camera throughout our campus. I'm also a member of the Boise Camera Club. I enjoy golfing, fly-fishing, biking, and playing tennis. I love my cat dearly and enjoy the short commute to work.

I look forward to the new year and wish you all the best in 2007.

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New year ... new you

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

In a world of quick fixes and New Year's resolutions, it is important to pause and realize that there is no one prescription for physical, emotional, and spiritual well-being. Each of us is a unique human being made up of common human genomes but entirely different in personality, strengths, weaknesses, and preferences. The message of the media that there is a universal solution for achieving improved

health may fit cereal boxes, bumper stickers, and 30-second ads, but in order to achieve individual goals an individualized "prescription" is essential.

**"If we all
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same pace,
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other's way."**

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—*Gary Stanley,*
author

As 2007 arrives, it is a good idea to do a personal inventory of one's highest priorities and evaluate what choices and resources are needed to achieve goals. According to Kenneth Cooper, MD, MPH, founder of the Cooper Institute,

there are a few very important goals for all of us over the age of 50:

- **Adequate sleep.** This can often be achieved by having a good level of activity/exercise during the day; eating earlier in the evening to aid digestion before going to bed; avoiding excessive alcohol or caffeine; and attempting to fill the mind with good thoughts before retiring for the night. A good bed and pleasant company also are helpful.
- **Balance in activities.** Physical activity needs to include cardiovascular, flexibility, strength, and balance regimens. Depending on individual needs, there may be more of a need in one area than the other. Stretching and flexibility are often ignored, but they are critical to overall physical fitness.
- **Socialization.** Good company, conversation, and humor affect overall health.
- **Continued learning.** Remember: We create new brain cells every day of our lives.
- **Healthy food choices.** These are good for the body and soul.
- **Volunteerism.** The importance of giving back is essential to good health.

At Touchmark, we focus on the unique needs of each person. For support and assistance with an individualized wellness program, contact Coordinator of Life Enrichment/Wellness Michelle Swantek. Make the new year your best year.

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A year to remember

by Michelle Swantek
—Life Enrichment/Wellness Coordinator

As we start a new year, we will not only say goodbye to 2006 but hello to a new Grand Lodge building here at Meadow Lake Village. Residents are so excited to set foot in the new building and the many opportunities that it brings.

More than 1,000 pounds of food collected

The year 2006 was the best yet for building new traditions and new friendships. We planned many holiday events, which were huge successes. We started off our list



Resident Welcome Adamson packs one of the 22 food boxes that Meadow Lake Village gave to older adults in need during the holiday season.

of parties by planning a packing party for our annual holiday food boxes. Residents and staff gathered for a great evening of fellowship and fun as they packed food boxes for older adults in need who live in the Boise-Meridian area. Altogether, we collected about 1,000 pounds of food, packed 22 boxes, and had a great time around the holiday table with friends and neighbors.

Fun at the cookie exchange and holiday gatherings

Resident Jean Burns did a fantastic job organizing our first cookie exchange. It was a tasty event. The 15 ladies who attended exchanged cookies and recipes. After all their plates were full, they decided to extend the holiday cheer by gathering plates of cookies to share with their neighbors.

Another joyous occasion was our annual holiday home



Jean Burns (left) and Vivian Lake at the cookie exchange.



Left to right: Angela Verrinder, Jeanette Burford, and Wanda Leffler debate which cookies to eat.

tours. Five residents opened their homes for people to view their beautiful holiday decorations. After the tours, about 25 residents attended the open house and sing-a-long at the Kennedy Center. Mary Mitzner played Christmas carols and holiday songs, and everyone had a grand time around the piano.

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Lodge homes available

The Sun Valley Lodge is now open, and residents are preparing to move in this month! Touchmark lodge homes offer you the opportunity to enjoy a more carefree lifestyle with little or no maintenance. You will have friends and neighbors nearby, yet you can maintain the privacy you desire.

Contact the Sales office for more information on these wonderful lodge homes. There is still time to obtain a beautiful new lodge home in this wonderful resort retirement community.

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Quick reminders from the maintenance team

While we love our wildlife, please refrain from feeding the geese that land on the golf course. The resulting mess creates slick sidewalks and streets.

All canal gates have push-button locks on them, which

allow residents and staff access into the Village from the canal side. Please call the front desk for the entry code prior to leaving the community via the canal pathway. Also, please remember that this code is for resident and staff use only.

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Interested in living here?

by **Lisa Hunter**
—Receptionist

This inviting home is sure to fit your personal lifestyle. **The Roosevelt** floor plan has two bedrooms and two baths. The 1,733 square feet include a beautiful, warm interior with a spacious design and upgrades throughout and is listed at \$299,900.

The Lincoln floor plan has two bedrooms, two baths, and a great room. This 1,582-square-foot-home backs up to the Touchmark at Meadow Lake Village Rose Garden, which features a waterfall and reflecting pond. \$254,000.

The Truman floor plan offers three bedrooms and two bathrooms. This 1,894-square-foot-home also features the Rose Garden from the backyard. \$276,000.

For more information about these homes, please call 208-888-2277.



Call today to learn more about this lovely home.

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Enter photo(s) for Touchmark 2008 calendar

As part of the Life Enrichment/Wellness Let Your Spirit

Soar program, Touchmark is planning to create a 2008 calendar featuring photos taken by staff (team members) and residents. The calendar theme is “creating intentional community,” and it will convey pictorially the Life Enrichment/Wellness areas: physical activity; mind/body/spirit; community outreach; intergenerational; friendship; growing together; lifelong learning; special events/holiday celebrations.

All photos must be in color; taken with a digital camera or 35 mm camera, show current staff/residents, and have a completed permission form of all people pictured. Check with your Life Enrichment/Wellness office for complete guidelines. All photos must be submitted by July 31, 2007 to be considered for the calendar.

Upcoming events

Wednesday, January 10, 5 pm—Resident potluck. Kennedy Center.

Thursday, January 11, 1 pm—Card making. Come enjoy an afternoon of handmade creations, and make cards for yourself or loved one. Kennedy Center.

Wednesday, January 17, 5 pm—Dinner out: Six One Six in Eagle, Idaho.

Thursday, January 18, 1 to 5 pm—Private massage therapy with Marie Flores. Kennedy Center.

Wednesday, January 31—McCall Winter Carnival and Elk Feeding. Day trip. Reservations required.

Plan now to attend Valentine’s Day event

Meadow Lake Village is proud to present a special Valentine’s Day event Wednesday, February 14 and Saturday, February 17. New Heritage Theater Company will perform *Love Letters* during an elegant dinner in the Four Seasons Dining Room both days.

Pick a day and bring your sweetheart

Begin your Wednesday evening with cocktails and then enjoy a beautiful dinner and an entertaining performance. A dozen roses will be presented to your valentine at the

dinner. Or pick the Saturday showing and have the flowers delivered to your home with tickets and an invitation to dinner before the event.

The cost is \$125 for a couple and \$75 for a single person. Reserve your ticket at the New Heritage Theater Company box office online at www.newheritage.org or call Meadow Lake Village at 208-888-2277.

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Please welcome new staff

by Tami Cuthill
—Business Operations Manager



Tsagan Stepanow was recently hired as concierge. Tsagan will be one of about six to eight concierge staff members who will help care for resident requests. Tsagan has previously worked in a similar position for another retirement community in San Luis Obispo. She is a hard worker who enjoys helping others, and we are pleased to have her on board as we begin our journey with the Grand Lodge.



Lee Swanson has joined Meadow Lake Village as Maintenance assistant. Lee has experience in maintenance and has owned and operated his own businesses. Not only has he worked for a Touchmark community in the past, but he has also worked with Maintenance Supervisor Drew Noack as well. Lee and Drew make

a great team, and we are proud to welcome Lee into the community.

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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 January is a heartfelt, reminiscent story or “new year, new you” resolutions.

Longevity

by Dorothy Dee Workman

—Resident at a Touchmark community in Vancouver, Washington

At the age of 73,
I developed an interest in longevity.
Then at the age of 74,
I began to hanker for more, much more.
Finally, at 75,
Profound gratitude for being alive.
At 76, ineffable loss,
No more spouse, I'm now my own boss.
Seventy-seven, walking is slow,
Though generally speaking I'm still on the go.
No time to waste at 78,
Doesn't make sense to leave life to fate.
Now 79, 99 the goal,
I'm captain of my fate, master of my soul.

For February, please submit a heart-to-heart/love story. Deadline for this issue is January 10. For a list of the guidelines, monthly themes, and deadlines, please contact Life Enrichment/Wellness Coordinator Michelle Swantek.

Purchase a card, support a cause

The *Let Your Spirit Soar* note card collection, featuring the artwork of talented artists who live in Touchmark communities throughout North America, is now available. A set of eight cards and envelopes costs \$10, and individual cards cost \$2. Your purchase will support the Touchmark Foundation's work to help seniors receive needed support and services. To learn more about the Foundation, please visit TouchmarkFoundation.org or call Executive Director Janet Plummer at 800-796-8744.

