



Success is not a destination ... it's a journey



Message from
Barbara Romano
— Interim Executive
Director

The journey to open the Grand Lodge has been an interesting one, filled with unexpected surprises and anticipation by staff and residents. Beginning this month, we are opening the doors, and I would like to personally invite Meadow Lake Village residents to come join Chef Michael and his staff in the Grand Teton dining room for lunch and/or dinner ... or join Michelle and her assistant for a tai chi class ... or get a massage at the Visual Effects Salon ... or play a game of cards with your neighbor ... or attend a dinner theater production of *Love Letters* on Valentine's Day!

The Grand Lodge will be a "hub" of activity; it will be a place to make friends and try new things. Please come and join us. We are very proud of the Village's new building!

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Follow your heart

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

In today's world there is a good understanding of the

workings and function of the human heart. There is even a live television show that features surgeons doing open heart surgery (let the viewer beware; it is bloody). How is it then that we continue to attribute the heart with being the center of human emotions? In reality, the emotional data center for humans is the prefrontal cortex of the brain. This is where we discern pain from pleasure, friend from foe, gratuitous compliment from genuine praise.

It is an amazing and complex interaction of all of the lobes of the brain that integrates emotion and fact and allows humans to form opinions and make judgments about how to assess an incident or person as to whether there is danger in a given situation. The same automatic analysis

**"To understand
the heart and mind
of a person, look
not at what he has
already achieved,
but at what he
aspires to."**

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—Kahlil Gibran

can reveal a safe situation and often provides insight into who we can trust with our emotional well-being.

So, although in the 21st century it is well known that the mainframe of the brain does generate the full range of emotions, our culture continues to use the heart as

the universal symbol of the repository for emotions. Sage advice would be to take care of both of these important organs to have "good heart and brain health." In general, what is good for the heart is good for the brain. That applies to diet, physical activity, balanced work and play time, positive relationships, and good financial choices. It is the total combination of lifestyle choices that allows people to "follow their hearts and create their own future."

At Touchmark, the Life Enrichment/Wellness program components are designed to support good heart and brain health. For information on the offerings and opportunities available, contact Coordinator of Life Enrichment/Wellness Michelle Swantek.

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Offering the best in customer service



Recently, a resident came in with her daughter-in-law to pick out the furnishings for her house, and her daughter-in-law did not have anyone to watch her children. Sales Manager David Wilkinson (pictured here with Railey Curry) volunteered to watch the children. Just one example of the great things that Touchmark staff do for the community!

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Design your lifestyle

The Sun Valley Lodge is complete, and people are moving in. We welcome everyone and are delighted that you've chosen Touchmark at Meadow Lake Village as your home.

For those of you who have yet to tour the Village, come out and take a look at our wide variety of home designs. Touchmark offers single-level cottage homes along with condo-style homes. Our professional sales team will be glad to show you these lovely homes. Stop by or call 208-888-2277 for more information.

The Village—"Truly a wonderful desirable community"

by **Welcome W Adamson**
—Resident

"My wife, Eleanor, and I are very pleased to be residents of Meadow Lake Village. We love our home, the village, the amities it affords us, and the community in which we reside. We love and appreciate the friendliness of Meadow Lake Village employees as well as the infectious friendship of all the residents and look forward to the use of the Grand Lodge as we gather for meals, plays, exercise programs, personal enrichment, and various holiday festivities throughout the year.

"I, along with several other residents, ride our bicycles within the complex on a daily basis and at times take our bikes to the walking/bike path along the Boise River for an extended ride. The true measure of being able to enjoy and even love your surroundings is dependent upon the quality and friendliness of your neighbors. Here at Meadow Lake Village, we enjoy the goodwill of all residents as well as all employees. This is truly a wonderful desirable community in which to live."

Upcoming events

Thursday, February 8, 11:30 am—Enjoy lunch at Bardenay. At 1:30 pm, tour the Capital building and sit in on a session of the legislature.

Wednesday, February 14 and Saturday, February 17, 7 pm—Special Valentine's Day event. Dinner theater, featuring *Love Letters* by the New Heritage Theater Company. To see the play and enjoy dinner, reserve your ticket at the New Heritage Theatre Company box office online at www.newheritage.org or call Meadow Lake Village at 208-888-2277.

Friday, February 23, 7 pm—Movie night. Watch *Legends of the Fall* on the big screen. Grand Lodge.

Wednesday, February 28, 5 pm—Dinner Out: P.F. Changs and Treasure Valley Concert Band performance at Boise High School at 7:30 pm.

New lodge. New events.

by Michelle Swantek

—Life Enrichment/Wellness Coordinator

In Idaho, we are fortunate to have many outdoor activities available close to home. In January, we took advantage of our close proximity to McCall to attend the town's 41st annual Winter Carnival. We visited this quaint mountain town for the day and viewed the many ice and snow sculptures that contestants constructed right on the city streets.

We began our decent from the mountains with a quick stop to eat lunch and feed the elk in Donnelly, Idaho. Many years ago Hap and Florence Points took it upon themselves to feed the animals during the hard winter months. Now visitors come to this small mountain town to enjoy a sleigh ride out to the meadows to feed these magnificent animals. We were able to take many beautiful photos.

Exciting new opportunities continue to unfold in 2007 as we move our Life Enrichment/Wellness department into the Grand Lodge. The opening of this building enables us to offer many more activities. With the new multipurpose room/ballroom, we will offer semimonthly dances for residents as well as older adults in the Meridian community to come kick up their heels to timely tunes.



Left to right: Elsie Loveland, Jane Anson, and Suzanne Dyvad stand near a snow sculpture of Mount Rushmore at the Winter Carnival in McCall, Idaho.



These horses whisked residents and staff to the meadows to feed the elk during a Hap & Florence Points Sleigh Ride.



Marilyn Heitzman poses with "Big Daddy," the number one buck in the herd.



Elk look for food from Mary Dallas (left) and Suzanne Dyvad.

Fitness room to open

by Michelle Swantek
—Life Enrichment/Wellness Coordinator

As part of our New Year, New You theme for 2007, we are proud to announce the opening of our fitness room in the Grand Lodge. This room is fully equipped with Keiser resistance equipment as well as treadmills, NuStep® machines, ellipticals, and stationary bicycles.

With the added space, we have also been able to expand our fitness class offerings. The fitness classes are now three days a week, and we have added modified yoga classes on Tuesdays and Thursdays at 4 pm.

Come join us in our new surroundings; meet friends—and get going on your quest for a new you in 2007.

Fitness class makes real-life difference

by Vivian Lake
—Resident

When we first looked at our little cottage, I had severe back pain and had to use either my cane or my walker ... Since going to exercise class and working on all our joints and muscles, I haven't needed to use them, except for walking and shopping in the large stores. It has made a huge difference in our lives.

The other day, I got my feet tangled up in my great-granddaughter's things on the floor and started to fall. But I was able to catch myself as I remembered the balance training, which works on our feet and our ankles in class. It is a lot of fun with the other classmates.

When we took a fitness test in October, I could only reach seven inches from my toes. For the last month or so, I can actually touch my toes! Our class has tripled in size in January. We have a lot of fun ... Thanks again, Michelle!

Please welcome new staff

by Tami Cuthill
—Business Operations Manager

We are excited to have these new staff members join the Village. Please warmly welcome them!



Lyle Talbot joins Touchmark at Meadow Lake Village as a Human Resources and Accounting assistant. Lyle has a rich background in Human Resources and accounting.



Dave Archer recently joined us as our Information Technology team member. Dave has over 18 years of experience in computer and software support. His specialty is hardware and Microsoft applications, and he was instrumental in getting our computers and phone system up and running in the Grand Lodge.



Sheila Dines will be supporting the administrative staff as one of our concierges. One of Sheila's main responsibilities will be accommodating resident requests.



Richard Freund joins us as a sous chef and will be assisting Chef Michael. He has had a strong interest in culinary arts for years. Most recently he was responsible for the oversight of two kitchens and all food operations.

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 a Heart-to-heart/love story.

How it all began ...

by Ed Hoag

—Resident at a Touchmark community in Fargo, North Dakota

It happened on the top step of the First Presbyterian Church in Freeport, Illinois, in the fall of 1942. Marge had just graduated from the University of Illinois and was beginning her work as the YWCA Girl Reserve Secretary, and I, having graduated from the University of Iowa, was physical director of the Freeport YMCA.

The pastor, greeting members of the congregation following worship, was visiting with me when he recognized the approaching young blond as the new YW staff member. He introduced us, and I indicated that if there was any way in which I could be of help as Marge began her new work, to let me know. Serendipitously, or perhaps providentially, shortly thereafter Marge needed a male chaperone to help with a senior-high youth hayride, and she took me up on my offer to help. After that, no excuse was needed to get us together.

I left for the service in December, and we were married the next July. Our honeymoon was spent in the Presbyterian manse while our minister friend, who had first introduced us and later married us, was on vacation.

Following my discharge, the church again was at the root of another change of direction in our lives. I entered McCormick Theological Seminary in 1949, was ordained as a Presbyterian minister in 1952, and retired from the pastoral ministry in 1982. Sixty-four years, three children, six grandchildren, and three great-grandchildren later, what began on the church step thrives here at Waterford.

For March, please submit a humor and laughter poetry feature. Deadline for this issue is February 10. For a list of the guidelines, monthly themes, and deadlines, please contact Life Enrichment/Wellness Coordinator Michelle Swantek.

Treasure Valley selected as grant recipient

Macular degeneration and various diseases affect the vision of nearly 10 million Americans. To help address this problem, the Touchmark Foundation is funding a pilot program to provide reading magnification systems to senior communities.

Locally, the special equipment will be installed at Meadow Lake Village and will be available for use by people throughout the Treasure Valley area. Meadow Lake Village will collaborate with the Idaho Commission for the Blind to design and implement the program.

According to Touchmark Foundation Executive Director Janet Plummer, the low-vision project is a top priority of the Foundation in its ongoing efforts to improve the physical, social, intellectual, and spiritual lives of seniors. “Not being able to read causes many seniors to feel isolated, frustrated, and dependent on others,” she says, adding, “Having access to this magnification equipment truly will improve the lives of seniors with low vision.”

“We are excited to have been chosen for this valuable project,” says Life Enrichment/Wellness Director Michelle Swantek “We are looking forward to working with our community partners to educate the senior population about ways to improve their reading, whether for pleasure or business.”

The Foundation has ordered an Optelec ClearView+ Desktop Video Magnification System, which is being installed in the new Grand Lodge library. The public is invited to look at the new equipment and attend a training workshop in March—more details will be announced in the following newsletter.

If you have questions about the equipment and its use or upcoming programming, please contact Michelle at 208-888-2277. Also, look for additional details in the next Touchmark Foundation newsletter.

