



## New season brings exciting events



*Message from*  
**Barbara Romano**  
— Interim Executive  
Director

Love is in the air at Meadow Lake Village ... Dinner theater productions of *Love Letters* were sold out; two residents “tied the knot;” the lake has thawed; and the Canada geese have returned!

We are looking forward to the “roar” of March and all the fun events planned. Come visit us; we are serving gourmet delights in the Grand Teton Dining Room.

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## Optimism affects global wellness

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

In the last five years, a whole new field has developed in the world of psychological research. It is the study of positive psychology. While that may sound like something New Age or “soft” in the annals of research study and outcomes, it is in fact becoming very important in trying to figure

out how the global population can cooperate and work together for the greater good of all.

A study of positive emotion, character, and institutions by Seligman and Csikszentmihalyi in 2000 included data from around the world and over time. From the studies of the ancient Greeks to the Psychology departments

**“I think we are our memories more than we are the sum total of our experiences.”**

—*Martin Seligman, psychologist and writer*

in today’s universities, the conclusions turned out to be the same. Scientific evidence verifies long-held beliefs—key strengths in the optimistic personalities are linked to life

satisfaction in regard to a life well lived and are a high index of self-esteem and good mental health. In addition to individual influence, there is a great impact on the world culture when these principles and strengths are applied to leaders and learners.

A 2005 Time magazine cover story, “The New Science of Happiness,” featured Seligman and highlighted eight simple steps to lift your level of happiness, based on the research of University of California psychologist Sonja Lyubomirsky:

1. **Count your blessings.**
2. **Practice acts of kindness.**
3. **Savor life’s joys.**
4. **Thank a mentor.**
5. **Learn to forgive.**

- 6. Invest time and energy in friends and family.
- 7. Take care of your body.
- 8. Develop strategies for coping with stress and hardships.

Look for additional information and scientific investigation of the phenomenon of positive psychology in an upcoming article I wrote for the International Council on Active Aging's *Journal of Active Aging*. (A link on the Touchmark Web site will be available following publication.)

Talk with Waterford Life Enrichment/Wellness Coordinator Michelle Swantek for immediate access to support and opportunities to implement positive influence. The possibilities for optimistic results are unlimited.

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## Join the beautiful Meadow Lake Village community

by Nathan Wyatt  
—Sales Associate

Tim Woodward from the *Idaho Statesman* ran an article this winter describing the seven wonders of Idaho. Apparently, picking only seven was no easy task. A specially designated panel had to narrow over 400 nominations to just a select few. The question is, "How did Touchmark at Meadow Lake Village not get on the list?" This perplexing quandary is only understandable by the fact that the article was written prior to the opening of the Grand Lodge at Meadow Lake Village.

The 27,000-square-foot Grand Lodge exudes the beauty of wonderful Idaho. The only thing missing is you! Meadow Lake Village is one of Idaho's great wonders. Preparations have begun for residents moving into the luxurious Sun Valley Lodge. The Sun Valley Lodge sits regally adjacent to the Grand Lodge, connected by a climate-controlled walkway. A very popular lodge home has been the 1,100-square-foot Cedar. This stunning model offers one bedroom, one bath, and one den and starts at \$244,160—with month-to-month rental plan options available. Only a few southwest "Owyhee Mountain Range" facing options are left. The Sun Valley Lodge also offers guest suite options for visiting family and friends.

However, if sizing down seems too difficult, Meadow Lake

Village has you covered. The spacious and spectacular 1,436-square-foot Larch adorns the Sun Valley Lodge like a true Idaho gem and is priced right! The Larch model is a two-bedroom, two-bath home with a separate den and dining room, starting at only \$304,110. This Sun Valley Lodge home also has month-to-month rental plan options.

Last, but not least, are the spacious cottages at Meadow Lake Village. There's no need to wait for a cottage completion. The clean and incredible 1,686-square-foot Roosevelt model is now available. Immaculate landscaping and wonderful upgrades—like a jetted-garden tub and nearly infinite storage—make the price of \$285,000 a real deal. Call our Sales staff today for a tour.

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## Residents and guests enjoy theater performance and delicious dinner

by Michelle Swantek  
—Life Enrichment/Wellness Coordinator

On Valentine's Day, residents and Meridian theater patrons enjoyed the play *Love Letters* by A.R. Gurney. This heart-warming play was presented in a dinner-theater format by The New Heritage Theatre Company.

Guests enjoyed a delicious prime rib dinner, prepared by Touchmark Executive Chef Michael Cavanagh. More than 75 people attended this wonderful evening in the new



From left: Suzanne Dyvad, Jeanette Burford, and Ann Machado enjoy an exquisite meal during The New Heritage Theatre Company's performance of *Love Letters*.

Grand Lodge building. Many residents were accompanied by their children at this elegant evening. The play was presented a second time the following Saturday. What a great event to help celebrate the opening of our new lodge.



Residents George and Vivian Lake with their son, Les, and his wife, Diane, enjoy the dinner and performance.



Interim Executive Director Barbara Romano and Executive Chef Michael Cavanagh prepare for the *Love Letters* event.



Life Enrichment/Wellness Coordinator Michelle Swantek (left) and Vivian Lake.

## 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 March is a humor and laughter poetry feature.*

## Humor

*by* Lucille Bachman

—Resident at a Touchmark community in Fargo, North Dakota

*Humor*

*The dictionary says*

*A Whim to gratify*

*The Sense of the Ridiculous*

*The Joy of Giving Over*

*A Twinkle in the Eyes*

*A Child's Laugh*

*Grandpa's Chuckle*

*Life Can Be Sweeter, Fuller, and*

*Gratify the Spirit of Every Day*

*Because we can Laugh*

*Humor*

*What a Wonderful Gift*

*Think of Life*

*Without a Laugh*

*A Funny Picture*

*A Clown's Face*

*One of Mary's Jokes*

*How Dull Life Would Be*

*I Sat in the Park on a Bench one day*

*And Watched the Faces that Passed by*

*And I thought Why This is Funny*

*And Then I knew*

*The World had Given us a Reason to Laugh*

*A Wonderful Sense of Humor*

*For April, please submit an intergenerational story—current or from the past. Deadline for this issue is March 13. For a list of the guidelines, monthly themes, and deadlines, please contact Life Enrichment/Wellness Coordinator Michelle Swantek.*

# Grand Teton Dining Room opens

by Tami Cuthill  
—Business Operations Manager

The Grand Teton Dining Room at Meadow Lake Village officially opened its doors in February. A wonderful continental breakfast, which includes some hot items, is served every morning and is a huge hit. Signature items for lunch and dinner include our Sonoma Chicken Salad, Pressed Cuban Sandwich, Pan-Roasted Filet of Alaskan Salmon with lemon Beurre Blanc, and individual Beef Wellingtons. All lunch and dinner entrées include soup, salad, a beverage, and a dessert.

Our dining staff also will be more than happy to provide a boxed lunch for any resident who wishes. This is a great idea for outings, or if you want to grab lunch and go. Just call ahead and place your order.

If you have not visited our Grand Teton Dining Room yet, please come join us. We can reserve seating for you and friends or even arrange for you to join new friends for a meal. It's a great place to relax!

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## Residents send homemade valentines to overseas troops



Left to right: Vivian Lake, Mary Mitzner, and Jeanette Burford create valentines for soldiers overseas. About eight residents participated in the KISSIN' 92 OPERATION: VALENTINE, a local project sponsored by KISSIN' 92 radio station. Residents created handmade valentines with the help of a Stampin' Up expert.

## Upcoming events

**Thursday, March 15, 6:30 pm**—Boise Little Theater presents *The Gate on 16th Ave.*

**Saturday, March 17**—St. Patrick's Day celebration. Irish dancers at 4:45 pm. Buffet dinner from 5 to 6:30 pm. Dance from 6:30 to 8:30 pm. Dinner and dance cost \$15 per person. Dance only cost \$5 per person. Please call 208-888-2277 to RSVP by March 15.

**Thursday, March 22, 2 pm**—Boise Art Museum.

**Tuesday, March 27, 1:30 pm**—Sew Serendipity's first day!

## Congratulations to Bobbi and Wray



Bobbi Gehrke-Scott and Wray Scott celebrated their wedding in February with the Meadow Lake Village family. The festivities were held in the Grand Lodge.

