



Growth and spring abound



Message from
Barbara Romano
—Interim Executive
Director

Spring is upon the Treasure Valley, and we are definitely seeing the arrival of the season here in the Village. Grass is greening, trees and flowers are budding, and the birds are chirping their happiness. The open spaces around the Grand Lodge and Sun Valley Lodge are being landscaped with a beautiful variety of plants and grasses, and they look wonderful!

Since spring is a time of growth and rebirth, I challenge everyone to take a step in a positive direction and grow as individuals. Set a new goal or begin a new hobby. Perhaps take a class on something you have always dreamed about learning, such as art or music. Have you always wanted to learn more about gardening? Now is a great time to plant that seed.

I am certainly seeing growth in our community. Our Grand Lodge is a delight, and we are extremely proud of it and the lifestyle it allows us to offer to residents. If you have yet to stop by for a visit, please feel free to do so. A member of our staff will gladly show you the Grand Lodge and answer any questions you may have.

The changing days of our lives

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

According to research by Penn State Associate Professor Matt Kaplan, PhD, and others, the activity level of the grandparent generation has gone up, due in part to improved health, increased fitness over the life span, and a worldwide emphasis on supporting lifelong learning. Grandparenting itself has changed significantly. Shared interests now may include mountain biking, martial arts, photography, or skiing. Today, there are grandparent university programs that offer courses and workshops for grandparents and their grandchildren, and several entrepreneurs specialize in “grandtravel,” planning vacations for the two generations who want to explore new horizons together.

“Effective intergenerational programs provide time as well as space to build relationships between children and older adults.”

—*High/Scope Educational Research Foundation*

There are some losses associated with this cultural shift. The days of Sunday dinners at grandmother’s house may be gone altogether or occur primarily during holidays and specially planned reunions. Children go to school year-round in many places, with summer vacations limited or lost. Extended families may correspond primarily by e-mail, cell phone, and webcasting. The net effect is less time for connecting generations and building relationship-based, real-time personal encounters within the community.

The intergenerational programs at Touchmark communities emphasize enhancing opportunities for connectivity among the generations. Whether the family is near or far, there are occasions to connect with children and young adults. Programs and events are planned and held to support ongoing relationships between residents and guests of all ages. There are scheduled program offerings that provide intergenerational activities both within Touchmark and beyond. To contribute ideas or volunteer in the Full Life intergenerational programs we sponsor, contact Life Enrichment/Wellness Director Michelle Swantek.



Call about this lovely home today!

to sell at \$385,000. Don't miss telling your friends and family about this lovely home and the fabulous lifestyle awaiting them at Touchmark at Meadow Lake Village!

We also have a lovely Roosevelt home, which has over 1,700 square feet. The Roosevelt features two bedrooms with two baths. This home has additional closet space, many upgraded features, and is in immaculate condition. This home is priced at \$285,000.

For more information on either of these homes, please call 208-888-2277 or 888-978-5050.

Upcoming events

Thursday, April 5, 7:30 pm—Gene Harris Jazz Festival. Big Band Night.

Wednesday, April 18—Chef's-choice buffet dinner (half price in the Grand Teton dining room).

Thursday, April 19, 11 am to noon—Ballet Idaho Tour.

Tuesday, April 24, 10 am to 5 pm—Four Rivers Cultural Center and Museum in Ontario, Oregon. Early dinner at Nichols Steak House.



Save the date!
National Senior Health & Fitness Day
Wednesday, May 30

Beautiful Hamilton home on the market!

by Janna Sherwood
 —Sales and Marketing Associate

This beautiful home sits on S. Nistler Way and faces west, overlooking the golf course. It features all hardwood floors, plantation shutters throughout, and a gorgeous, modern kitchen with granite countertops and backsplash. It's priced

Teetertotter

by Frances Wagner
 —Resident at a Touchmark community in Sioux Falls, South Dakota

*A much used teetertotter there,
 Outside our kitchen window,
 Where Mother could look out and see
 What tricks we kids were into.*

My little sister always was

*More ladylike than I
She didn't want to stay too long
Perched way up in the sky.*

*I never really bounced her hard
When "Mama" might be spying.
I loved her way too much
To want to see her crying*

*Some eighty years have passed
Since teetertotter days
But sometimes aren't there ups 'n downs
In lots of different ways?*

*No Mother now to watch our play—
The teetertotter gone.
So I must know how high to bounce,
And when I should let down.*

For May, please submit an article about active living—sports/fitness theme. Deadline for this issue is April 10. For a list of the guidelines, monthly themes, and deadlines, please contact Life Enrichment/Wellness Director Michelle Swantek.

New fitness room opens



Residents take part in a stability-ball class in the new Grand Lodge fitness room. Life Enrichment/Wellness Director Michelle Swantek and assistant Sandy Jeffers gave equipment orientations to interested residents. Many people are taking advantage of this new opportunity, using the cardio equipment for a little indoor workout, and attending fun fitness classes.

Notes from around the Village

- Cue sticks for the pool table can now be checked out at the Concierge desk.
- When you dine in the Grand Teton dining room, you are welcome to ask the server to adjust your portion size. There also are a variety of salads and lighter fare for those on special diets as well as a sugar-free dessert offered daily. Just ask your server for details.

What others are saying

"All my life I have been involved in sports. Since moving to Meadow Lake Village, I have been inspired to continue living an active lifestyle. With the tremendous programming of the Life Enrichment programs, I continue to learn new things. Two years ago I decided to take up golf and enjoy our nine-hole, Par 3 golf course. It is the perfect size for me to hone my skills at this sport. This year, I decided I wanted to pursue piano lessons. I played in my youth and thought the challenge would be great for me. Life Enrichment Director Michelle Swantek found a wonderful instructor for me, and I am enjoying my new-found skills on the ivory keys."

Margaret Franklin
—Resident

Food and fun on St. Patty's Day

by Michelle Swantek
—Life Enrichment/Wellness Director

Irish Eyes were smiling at our first St. Patrick's Day party. The event began with wonderful dancing from a local Irish dancing group. Children ages 3 to 17 entertained nearly

60 guests and got them in the spirit for the evening.

Residents and guests then enjoyed a delicious buffet in our Grand Teton dining room—of course, there was corned beef and cabbage! Then everyone enjoyed an evening of Irish dancing with Sales Associate Nathan Wyatt hosting the event with traditional '40s, '50s, and '60s music. We enjoyed the festivities and look forward to next year!



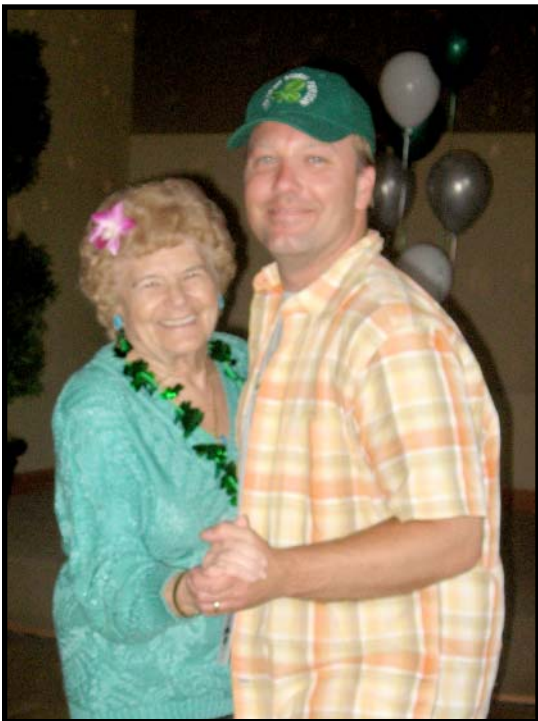
Martha Dodson dances with Nathan Wyatt, Sales associate.



Martha and Charlie Dodson don green garb for St. Patty's Day.



John and Kazue Cretal also joined the festivities.



Suzanne Dyvad, who moved here from France, enjoys an Irish jig with Sales Associate Nathan Wyatt.

