



## Come celebrate with us!



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

May 30 is a special day for all Touchmark communities. Every year, Touchmark celebrates National Senior Health & Fitness Day, which falls on Wednesday, May 30, and we are honored to be a part of this grand event again this year.

The day helps to promote the Touchmark lifestyle, which is all about wellness. There will be special learning activities, exercise opportunities, and a chance to hear from different Meridian-area professionals on a variety of subjects.

If you haven't joined us to participate in the past, please do so this year. We would love to have you visit us and join the activities for the day. Events will start at 12:30 pm and last until approximately 4:30 pm. We look forward to seeing you there!

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## From research to practice

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

This year, the theme of National Senior Health & Fitness

Day (Wednesday, May 30) is *Make Every Day a Fitness Day*. Research over the past year by a coalition of national organizations (“The National Blueprint: Increasing Physical Activity Among Adults Aged 50 and Older”) has clarified even further that lifestyle choices in the area of physical activity are the number one predictor of aging well. In addition to the benefits of improved cardiovascular health, strength, balance, and flexibility in regard to functional fitness, the impact on reducing chronic illness can be measured in real dollars and real time.

The most successful transitions for inactive or under-active adults occur when all the factors that contribute to success, benefits, and maintenance of the lifestyle changes are in place. The most critical are:

- A safe and accurate physical activity prescription that meets the unique needs of the individual.
- A functional assessment (initially and ongoing) that measures all the components of wellness for each participant.

**“In Canada and the United States, ... numerous initiatives are under way to promote active aging and quell rising rates of obesity, diabetes, and other chronic illnesses among older people.”**

—*Marilynn Larkin, MA, fitness professional and medical writer and editor*

- A balanced program that includes safe and effective endurance, strength, balance, and flexibility components.
- In group-based physical activity, a qualified instructor who provides training and supervision.
- Support through the transition process from professionals and peers.

Touchmark is committed to providing opportunities for physical activity choices that will enhance the quality of life and function for each resident. For details about the May 30 celebration of wellness, contact Life Enrichment/Wellness Director Michelle Swantek.

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## Gorgeous Hamilton or Roosevelt homes on the market—but not for long

*by* **Shirleena King**  
—Sales Associate

The Hamilton home, located on S. Nistler Way, overlooks the golf course. The house includes all hardwood floors, gorgeous plantation shutters throughout, a vacuum-cleaner system, on-demand water system, large master closet, built-in vanity sink, and a modern kitchen with granite countertops and backsplash. It's priced at \$385,000.

Our special feature is the attractive, 1,700-square-foot Roosevelt home, which features Corian® counters, upgraded cabinets, additional shelving in the closets, a garden



**Call today about the Roosevelt.**



**This beautiful Hamilton home is currently available.**

tub in the master bathroom, a built-in hamper, and two bedrooms along with two bathrooms. This home has many additional upgraded features throughout and is in excellent condition. This home is priced at \$285,000. For more information, please call 208-888-2277 or 888-978-5050.

*Note: In April's newsletter, the price for the Hamilton home was listed incorrectly. The correct price is \$385,000.*

*This is an exceptional month of May! Touchmark is having a Parade of Homes tour every Sunday from 1 to 4 pm. Come see the unique lifestyle at Touchmark!*

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## Touchmark invites residents to participate in the Friendship Program

Residents love talking to their friends and family about their Touchmark home and lifestyle, which is why Touchmark has started the Friendship Program. The program is designed to connect staff and residents in the building of this unique and vibrant community, and it honors residents who share the Touchmark experience with others. Look for more information on the flyers, and talk with a member of the Sales team for all program details.

# Kick up your heels. It's line-dancing time.

by Sandy Jeffers

—Life Enrichment/Wellness Assistant

April started on the right foot, as we learned to line dance. Sue Hebison, a line-dancing expert, started a regular line-dancing program here at Touchmark. Feeling adventurous, 19 people overflowed the Selkirk Room for the first day of class.

The class began slowly and focused on learning and understanding the fundamental steps. In merely an hour, people learned two dances and put them to music. The class had a great time learning, laughing, and dancing.



Residents and guests focus hard on learning the line-dancing steps.

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## International expert speaks to Touchmark staff



“We can have many diseases and conditions—and still be well,” says Jan Montague, who has devoted her professional life to wellness and health promotion and “invites people

to choose optimism.” Jan owned and managed a chain of fitness centers for more than 10 years and has consulted with more than 90 senior living communities, hospitals, and other firms. A vibrant speaker, she spoke last month in Beaverton, Oregon, to Touchmark Life Enrichment/Wellness staff at their annual training session.

Jan started her presentation by sharing, “I walk, talk, and try to live wellness in all that I do.” Ten years ago, she explains, wellness was “a good idea.” Five years ago, “we knew wellness was something we should do.” Now, the research is overwhelming, and she says, “It’s something we must do.”

Yet, people still operate within an illness model—fix the problem but ignore the whole person. In contrast, Jan says, “Wellness is an inside-out model.” Her approach addresses all aspects of human nature: social, emotional, physical, intellectual, spiritual, and vocational.

According to Jan, “Wellness will not just happen on its own,” She emphasized the importance of intentional and purposeful wellness and focused on how people’s actions can build—or discourage—intentional, healthy communities. Some specific steps people can take to build community include:

- Surround yourself with a positive support system;
- Maximize individual capacity—do as much as you can;
- Make sure your “whole person” shows up every day;
- Take on self-responsibility;
- Recognize that life happens and make a decision to be positive.

“Wellness is a strength-based approach to life,” says Jan, encouraging people to “Think well. Act well. Be well.”

*In 1997, Jan Montague met now-retired Touchmark Vice President Ed Murphy, who invited her to work with Touchmark, which she did. “Everywhere I’d go, I’d talk about your company,” she says. “You were truly, truly the trailblazers of wellness.” Today, Touchmark’s focus has evolved to its current, dynamic Life Enrichment/Wellness program.*

## Upcoming events

Friday, May 11, 1 pm—Trip to the Boise Zoo.

Wednesday, May 30, 12:30 pm—National Senior Health & Fitness Day.

## Celebrate National Senior Health & Fitness Day

by Michelle Swantek  
—Life Enrichment/Wellness Director



This year, Touchmark will participate in National Senior Health & Fitness Day on Wednesday, May 30. Across the country, thousands of older adults will join the event and celebrate this year's theme, *Make Every Day a Fitness Day*. The day is designed to make exercise enjoyable and increase awareness of the benefits of exercise and healthy choices.

On the day of the event, we will be hosting a health walk around our golf course as well as fun fitness classes, group demonstrations, and presentations from local health experts.

People can gather health and fitness information and participate in line dancing, SilverSneakers demo classes, Seated Yoga, and the Exerstrider walking pole program.

Major events sponsors are Haycock Chiropractic, Investment Resources of America (Lori Jones), MedNow, Saint Alphonsus and Four Rivers Hospice, SilverSneakers/Humana, and Touchmark at Meadow Lake Village.



Jane Anson follows tai chi instructor Jim Stone during a class at last year's event.



Participants in the 2006 National Senior Health & Fitness Day celebration practice tai chi on the golf course.



Last year, The Honorable Tammy de Weerd, mayor of Meridian, kicked off the National Senior Health & Fitness Day celebrations at Touchmark with a speech. Mayor de Weerd will join the festivities again this year.

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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 May is an article about active living—sports/fitness theme.*

## For the hugs

by Ray Hall  
—Resident at a Touchmark community in Appleton, Wisconsin

My wife and I lived in West Carrollton, Ohio, which is a suburb of Dayton, Ohio. National Cash Register had a transportation theme park, called Carrillon Park, that was

about seven miles from our home. My wife and I would ride our bikes to that park, enjoy that area, and then ride back home. It was about a 14-mile round trip. We didn't call it exercise, though; we called it recreation, because we liked it. We had those bikes four or five years. When I finally gave those bicycles away, the odometer on hers read over 1,000 miles and so did mine, maybe more.

When I first moved here to be by my daughter in December 2001, I'd spend about an hour on the NuStep and then another hour on the stationary bicycle. In more recent years, I've switched to using only the stationary bike. It's easier for me, and I didn't want to quit entirely, even though I'm 94 years old. I've already won awards. I've won treats, prizes, and trips out to lunch for my participation in the Stepping Out exercise program here.

Awhile back, when we couldn't get out to lunch for a couple of months, I said I'd be just as happy just to get a hug as my reward for exercising. The truth is, even though my doctor told me once he thought exercise was one of the things keeping me going, and I know it keeps my legs strong, I don't do it for any of those reasons. I do it for the hugs.

*For June, please submit an "I remember when ..." nostalgic story. Deadline for this issue is May 16. For a list of the guidelines, monthly themes, and deadlines, please contact Life Enrichment/Wellness Director Michelle Swantek.*

## Residents and staff help Idaho Public Television



**Resident Don Kuxhausen (left) and Touchmark Sous Chef Richard Freund volunteer at the Idaho Public Television sponsorship festival in early spring. Around 20 residents and staff members answered phones at the station's call center and enjoyed tours of the station during breaks.**

