



A privilege and an honor



Message from
Barbara Romano
—Executive Director

As many of you know, I have been operating as the acting executive director for many months. However, I am thrilled to announce that Touchmark has officially named me as the executive director for Touchmark at Meadow Lake Village.

I have thoroughly enjoyed the past few months here in the Village. It is both a privilege and an honor to work in this beautiful community. Our campus continually strives for excellence and success. There is always something exciting happening here at Meadow Lake Village.

Recently, line-dancing classes have formed, and those who participate have a ball. Outdoor barbecues off the dining room or on our golf course have provided an excellent opportunity for residents and guests alike to mingle and relax. And if you need to learn to relax, I encourage you to take advantage of our yoga class!

I want to extend a special thanks to both residents and staff alike for their continued support and great ideas these past few months. Together, we will continue to build a strong community!

Building intentional community

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

When people come together to form community, it is done with intention. Each person who lives in a Touchmark community has made the decision to move to a new home, live with others he/she has not met before (in most cases), and share many community spaces, such as a dining room, library, and fitness area.

“... People will forget what you said, people will forget what you did, but people will never forget how you made them feel.”

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—*Maya Angelou, poet*

During my travels as vice president of Wellness & Programs, I visit all of Touchmark’s communities in the US and Canada and talk with the residents who live there and the staff who work with them. Occasionally, I also talk with family members and guests. The stories of how each person chose to live in that community and the circumstances that led to the decision are as individual as each person. There are some things in common, however, that I would like to share.

- **There is a lot of loss people experience when relocating from their previous home. The new neighborhood, backyard, and home features are all different. For some, it is a change from a home they have lived in for 40 years or more. It may even be a different time zone and climate.**

- **Even when the individual makes the decision to move, the change is hard to adjust to, and it takes a while to feel part of the community.**
- **People consider themselves to be fortunate to live in an environment where there are well-trained, compassionate staff on duty throughout the 24-hour day, seven days a week.**
- **The most important element for a successful transition is the people who live and work in the community. One resident commented, “They are all so interesting. The diversity, experience, and wisdom in our community are more than I could have ever imagined.”**

The building of intentional community is done by the people who choose to move in and those who welcome them. Although each resident’s skills, strengths, hobbies, and interests may be very different, the greater good of all is held in common. Programs and services are designed with these interests and preferences in mind. An important component of the Life Enrichment/Wellness program is the resident committee that works with the staff to connect with new residents. To be part of the program that welcomes, nurtures, and honors newcomers, contact Life Enrichment/Wellness Director Michelle Swantek. You are invited to be an architect of this intentional community.



Discover a new home—and lifestyle

by Shirleena King
—Sales Associate

Meadow Lake Village breaks the mold with a new style of living, offering guests relaxed, retirement resort living with complete flexibility. Meadow Lake Village includes a fine dining gourmet experience in the Grand Teton Dining Room with casual resort attire each night and attentive guest services.

Find the home that meets your needs at Meadow Lake Village, featuring eight unique homes available now.

The Adams: 1,595 square feet, two bedrooms, two baths, 582-square-foot garage. Prices starting at \$275,000.

The Hamilton: 1,973 square feet, three bedrooms, two

baths, upgrades include granite countertops and backsplash, wood floors throughout, plantation shutters, 481-square-foot garage. Priced at \$385,000.

The Kennedy: 1,950 square feet, three bedrooms, two baths, 621-square-foot garage. Priced at \$297,000.

The Madison: 1,788 square feet, three bedrooms, two baths, upgrades include a dramatic dining room, 663-square-foot garage. Priced at \$335,000.

The Monroe: 1,768 square feet, three bedrooms, two baths, upgrades include granite countertops, rock fireplace, wood floors in dining room and kitchen, 473-square-foot garage. Priced at \$320,000.

The Roosevelt: 1,686 square feet, two bedrooms, two baths, upgrades include specialty bathtub and extra storage, 647-square-foot garage. Priced at \$285,000.

The Truman: 1,894 square feet, three bedrooms, two baths, 644-square-foot garage. Priced at \$276,000.

The Washington: 1,346 square feet, two bedrooms, two baths, upgrades include extra landscaping and sunroom addition, 578-square-foot garage. Prices starting at \$254,000.

Price special through Father’s Day

Ask how to become a priority reservation holder and receive \$500 credit toward residing at Meadow Lake Village. Come and enjoy your new home and a new style of living! Call the Sales team at 208-888-2277 or 888-978-5050.



The two-story Grand Lodge contains various amenities and services. Residents who live in cottage homes can take advantage of the offerings at the lodge, which include fitness classes, social gatherings, dinners, a library, a salon, and more.

Upcoming events

June is Garden month at Meadow Lake Village.

Tuesday, June 12, 10 am to noon—Art class with Gisele Pope.

Thursday, June 14, 11 am—Hearing Specialist Jacquie Elcox from Treasure Valley Hearing & Balance will present *The Consequences of Untreated Hearing Loss*.

Friday, June 15, 7 pm—*Swing into Summer!* dessert party and concert, featuring Ken and Trudy Kennedy. Coeur d'Alene Room.

Wednesday, June 20, 6 pm—Chef's Choice Buffet. Grand Teton Dining Room.

Discovering Four Rivers Cultural Center and Museum

by Sandy Jeffers

—Life Enrichment/Wellness Assistant

It was a beautiful spring day as eight adventurous residents ventured to Ontario, Oregon, to visit the Four Rivers Cultural Center and Museum. This unique museum was created to celebrate the people of varied ancestries who have settled along the Snake, Malheur, Owyhee, and Payette rivers. Those cultures include: American Indian, Basque, European, Hispanic, and Japanese. These diverse cultures



There were many photo opportunities during the trip to the Four Rivers Cultural Center and Museum, such as this one in front of a Paiute Indian Teepee. Pictured are (from left): George Lake, Mary Mitzner, Suzanne Dyvad, Vivian Lake, Dorothy Davick, Leona Hovenden, and Mary Mangum.

have been vital to the region and its growth. The residents enjoyed the self-guided tour through the museum.

It was very educational to learn how these cultures shaped Idaho's history. It was a wonderful afternoon of friendships and learning. The day ended with a delicious dinner at Nichols Steak House in Fruitland, Idaho.

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 June is an "I remember when ..." nostalgic story.

Grandfather

by Harlene Lee

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

When I was small
He took my hand
And held it firm and tight
I seemed to see
In his old face, a soft and tender light

He was a tall
And silent man
A man of great sweet love
And in his great sweet tenderness
I too learned how to love

It wasn't long a time, I guess
Till I was grown and gone away
But I shall not forget the man
Who made me smile every day
And taught me how to pray

For July, please submit a poem featuring patriotism and community service. Deadline for this issue is June 15. For a list of the guidelines, monthly themes, and deadlines, please contact Life Enrichment/Wellness Director Michelle Swantek.

Shipping now available for residents

Shipping smaller packages has never been easier. The Touchmark front desk is ready to help ship packages for residents. Bring your package to the front desk and a member of the Concierge team will help you. Packages will be shipped via UPS only, and your account will be charged. There is a maximum weight limit of two pounds for all packages shipped. If you have larger items to ship, the front desk will help direct you to the nearest shipping store.

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Make Every Day a Fitness Day!

Once again Touchmark celebrated National Senior Health & Fitness Day, which is celebrated across the country every year in May. This year's theme was *Make Every Day a Fitness Day*.

"I think we succeeded in showing older adults from the Treasure Valley the many different opportunities they have when it comes to fitness," says Life Enrichment/Wellness Director Michelle Swantek. "We had mini golf lessons from Kevin Burton, the Boise State University men's head golf coach; line dancing by Boise instructor Sue Hebison; an Exerstrider walking poles clinic by Touchmark Vice President of Wellness & Programs Marge Coalman, EdD; and fitness classes by SilverSneakers and the Treasure Valley Family YMCA." Waterford Home Health Physical



A lesson with Boise State University Men's Head Golf Coach Kevin Burton was a popular activity. Kevin (pictured on left) provides individual instruction and watches a participant practice his golf skills.



People take part in the fitness walk at the National Senior Health & Fitness Day celebration at Touchmark.

Therapist Heather Kaspar tested older adults on balance and agility and shared how to prevent falls. Touchmark offered a health fair, where participants received a wealth of information. "This event grows each year and becomes more fun and exciting," says Michelle. "Our goal was to have a fun afternoon where we could educate people about the different health and fitness opportunities that are available year round in the Boise/Meridian area."

In addition to Touchmark, the sponsors included MedNow, Humana/SilverSneakers, Waterford Home Health, Haycock Chiropractic, Investment Resources of America and Saint Alphonsus, and Four Rivers Hospice. There were 17 different vendors; some offered chair massages, foot massages, financial information, and more.

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New Touchmark bus takes "maiden voyage"



Residents take the new Touchmark bus to a veterans memorial celebration in Eagle, Idaho. Bus driver Wendell Babcock escorted the group on Memorial Day.

