



A glorious time of year!



Message from
Barbara Romano
—Executive Director

Another glorious summer is in full swing. Long hot days are followed by beautiful Idaho sunsets with the sun setting far to the northwest. Gardens are producing full bounty with plenty for everyone. Fruit trees are in their prime, giving off luscious cherries and nectarines and getting ready to spill peaches and pears. It is a glorious time of year!

For those of you who have travel plans this summer, I encourage you to come and visit the alluring Northwest, particularly Idaho. We have a great variety of scenery here in our great state, ranging from desert to forest. If you choose to visit our desert area, there are canyons and rock formations to explore. Should you choose to head farther north, appealing vistas await the eyes. You may choose to raft down a white-water river, fly-fish in a luminous lake, or simply sit and listen to the still of the forest.

Whatever route you choose to take, I can assure you that you will not be disappointed. Touchmark at Meadow Lake Village sits right on the edge of both desert and forest. Our perfect location may charm you into staying in Idaho for good!

We have not forgotten

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

Recently there was a compelling documentary where the remaining veterans of the “war to end all wars—World War 1” were recognized and interviewed. Those who are still alive are scattered around the world, and there are only 28 at last count. The stories of these men and women were remarkable—a reminder of how a life can be shaped by the belief in the greater good for all and the sacrifices countries and individuals make to protect and defend their beliefs.

World War 1 veteran Emiliano Mercado del Toro of Puerto Rico (August 21, 1891 to January 24, 2007) died at 115 and is the oldest authenticated veteran from any conflict. How amazing that someone could survive through all the health epidemics, storms, disasters, and challenges the last 115 years have presented to the human species.

“I’ve got too much energy, too much ambition, too much get-up-and-go. I have to do something.”

—Audrey Stubbart, quoted in the 1995 article in *U.S. News & World Report’s* feature on centenarians still working

In today’s world, everyone has a better chance for living a long, productive life than most of Emiliano’s counterparts did in his lifetime. Improved health and sanitation, immunization, access to better shelter, and more abundant food have increased the average adult’s lifetime to the late seventies. The percent-

age of people over the age of 100 in North America is the fastest-growing segment of the population. What does this mean for mankind?

It means that by 2025 we will have the largest world population of citizens over the age of 65 ever. The importance of living long is being replaced by the imperative to live well. Each individual has a responsibility to make good health and lifestyle choices that will allow him/her to be independent and contributing to society for as long as possible.

One of the primary goals of the Life Enrichment/Wellness program at Touchmark is to provide the healthy options and environments that do allow each individual to have access to good choices with appropriate support. To find out more about the programs and opportunities available, contact Life Enrichment/Wellness Director Michelle Swantek. To celebrate and honor the sacrifices of the past, we are obligated to make the best use of the present.

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Offering exceptional service

by Shirleena King
—Sales Associate

Touchmark at Meadow Lake Village is synonymous with quality service, and satisfied residents are a testimony to our passion for excellence. You'll find pride in all that we do. Since opening our doors, we have thrived on the strength of comfort and warmth of an extended family and the hospitality of good friends. This makes Meadow Lake Village an easy place to call home. By embracing high standards and focusing on superior quality, we create a welcoming environment, where you'll find friendly customer service.

Opening midsummer is the new assisted living lodge, which is an extension of retirement living. The condo-style homes are located near staff who provide reassuring personal care and health service support. A sneak-peak tour of this new lodge was held in June with a performance by Ken & Trudy Kennedy, delicious dessert, and a home selection lottery drawing was held for priority members.

Call today to learn more about the new lodge and the many amenities and home options available at Touchmark.

Upcoming events

Thursday, July 12, 11 am—Listen and Learn, sponsored by Touchmark Home Health & Home Care.

Thursday, July 19, 6:30 pm—Summer concert at the Idaho Botanical Gardens. Cost is \$9 per person.

Thursday, July 19, 1 to 3 pm—Local artist Gisele Pope will teach an ink and rouge on canvas art class. Cost for three lessons and all supplies is \$48.50. Please prepay at the Concierge desk.

Friday, July 27, 4:45 pm—*Last Will and Testament*, presented by Historic Opera Theatre in Glenns Ferry. Cost for this mystery dinner performance is \$29 and includes transportation. Bus is limited to 17 passengers, so sign up today.

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 July is a poem featuring patriotism and community service.

Patriots remember those who serve

by Ralph Ballinger
—Resident at a Touchmark community in Appleton, Wisconsin

As a part of the United States military, we have all experienced days we will never forget. In World War II, I was part of the 8th Air Force Air Service Command, located at the second strategic air depot.

After getting out of active duty, I thought it was very important to stay in contact with those guys who I had spent such a memorable time with, and so in 1961, I was voted into and accepted the position of secretary/treasurer of the 904th Signal Company Reunion. I thought this would be a great way to still see the guys and continue my service to our fine military.

What I didn't realize is that in 1963 I would be given this role again. The nominating committee told me, "You're

gonna take this post until you learn how to do it right.” I guess I still don’t know how to do it right, since I’ve been serving ever since as the secretary/treasurer for the 904th Signal Company Reunion. When I started, I was given 65 names of fellows who we knew the whereabouts of. I knew there had been 270 men who came back from overseas; so I had my job cut out for me. To date, I have located all but 14 men. Keep in mind, I tracked down all of those fellows before the day of convenient computer searches! I used the library, telephone directories, and the veterans’ service offices from the counties where the serviceperson was last known to be.

The best part is when we get together and share our stories. Some guys don’t talk about their experiences at all with other people, but we understand; we were there, too. We still feel connected and part of a great brotherhood as “Soldiers Together, Brothers Forever.”

I tell you all of this for a reason. Serving our country is a proud opportunity and challenge. It’s not easy, and when our military people come home, it is important that they are noticed, not lost or overlooked. I’ve spent all 46 of these years making sure that those proud servicepeople I worked with and lived with know that they are important and somebody still remembers that they sacrificed for this country. It’s a good reminder for all of us.

For August, please submit a recipe with a story. Deadline for this issue is July 13. For a list of the guidelines, monthly themes, and deadlines, please contact Life Enrichment/Wellness Director Michelle Swantek.

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More than 40 people attend Great Garden Escape

by Sandy Jeffers
—Life Enrichment/Wellness Assistant

In June, the Grand Lodge multipurpose room was transformed into a beautiful Garden Escape. Residents celebrated a swing-into-summer concert and dessert party. During the event, people had the opportunity to get a sneak peek of the new lodge that will provide assisted living services. Then they were treated to a delicious dessert and a wonderful concert performance by traveling musicians Ken & Trudy Lee. The concert was entitled *Falling in Love with Swing* and focused on big-band music from the ’30s

and ’40s. The Great Garden Escape was an enchanting and elegant evening!



Ken & Trudy Lee Kennedy perform a classic song from the big band era.



Barbara Stuchlik enjoys the toe-tapping music and a delicious dessert at the Great Garden Escape event.

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A new way to walk

by Sandy Jeffers
—Life Enrichment/Wellness Assistant

This month, residents “learned” a new way to walk—with Exerstrider Nordic walking poles. Exerstriders are a great companion to any walking program. Not only do they help with balance, but they encourage participants to use the upper body and core muscles. They also help you maintain a longer stride. Although a few residents noticed some muscle soreness after their first use, in general, people really

enjoyed the benefits that the Exerstriders had to offer.



Mary Mitzner (left to right), Hal Jackson, and Welcome Adamson get into the rhythm of using the Exerstriders.



The Fit and Feisty class learned the different techniques for using the Exerstrider walking poles during their mile walk—twice around the golf course.

Be part of Touchmark's community

Touchmark at Meadow Lake Village is featuring the Adams floor plan this month. This 1,595-square-foot, two-bedroom, two-bath attached home features a corner fireplace, a spacious open kitchen, and living room on a prime corner lot.

Enjoy exceptional amenities and services at the Grand Lodge and join a vibrant community. The home is priced

at \$280,000. Hurry; it won't last long. Call the Sales team at 888-978-5050 for more information.



Call about this lovely home today!

Residents introduce new game to Meadow Lake Village



Castle is a game created by a RV businessman, who would put the board game in every RV he could, and it soon became a favorite countrywide. Residents Don and Mary Kuxhausen learned this game while living at a retirement community in Texas, and now they are eagerly sharing it with other Village residents. Castle is a game played with cards and marbles and has rules similar to the traditional game Sorry. This fun, interactive game can be played individually or in teams with three to eight players.

