



Experience summer in Idaho



Message from
Barbara Romano
—Executive Director

We're into August, and summer is sizzling! At Touchmark, we are beating the heat with all that Idaho's great wide open area has to offer and having a wonderful time. The hustle and bustle of fall is fast approaching, so if traveling is part of your last-minute summer plans, we would love to have you join us and experience what summer in Idaho and at Touchmark has to offer.

Since Idaho is known for its lovely terrain, this month Touchmark is once again sponsoring an activity in the great outdoors—the Idaho Botanical Garden's Great Garden Escape Concerts series. Enjoy beautiful scenery at the Idaho Botanical Garden, which is nestled in the Boise foothills, listen to live music, and be in the company of friends. The series is sure to be entertaining and one which we are proud to sponsor. Visit www.idahobotanicalgarden.org and click on the Great Garden Escape Concerts link for more information.

We at Touchmark are blessed and fortunate to live in such a picturesque Northwest state. Our wish is that one day you'll be able to encounter Idaho and all of its beauty. We'd be honored to have you visit and experience the Touchmark way of living.

Leisure—it's more than a commodity

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

The marketing and providing of leisure services have grown to a multimillion-dollar industry, designed for the most part to capture what individuals consider their “disposable” income. To that end, the wheels of industry churn 24/7 to grab the consumer and his/her dollars before another provider of “fun and fulfillment” moves ahead in the queue. An outcome of this frenetic competition is that our mailboxes, newspapers, magazines, telephones, computers, and TV screens are filled with ads and invitations to find a better quality of life through spending our time, money, and passion on leisure products.

The list of the current top 10 most-viewed leisure companies on www.hoovers.com ranges from the McDonald's Corporation at the number one spot to Playboy Enterprises, Inc. coming in tenth, with Starbucks, Walt Disney, and a few other well-known entities in between. What this says to me is that as a culture we link leisure primarily to eating

**“Leisure is a form of silence,
not noiselessness. It is the
silence of contemplation such as
occurs when we let our minds
rest on a rosebud, a child at play,
a Divine mystery, or a waterfall.”**

—Bishop Fulton A. Sheen

(especially if it is fast food) and entertainment—participatory or not. Realizing that there is pleasure in time spent in both of those categories, it is interesting that the list doesn't reflect one representative of the contemplation Sheen mentions in his numerous writings and reflections on leisure.

As I interview adults over the age of 50, I find a fair number who engage in activities, events, and even causes that aren't on the list but that provide enormous pleasure and satisfaction. Some of these are referred to in Sheen's quote, and many others I observe in the Touchmark communities I visit: gardeners, artists, readers, poets, knitters, quilters, crafters, dancers, musicians, woodworkers, storytellers, mentors to young children and adults, travelers, cooks, and writers—a vast array of talent and engagement as individual as each person I meet.

At Touchmark, the Life Enrichment/Wellness program focuses on bringing people together for activities and events that provide pleasure and fun. However, the individual need for personal engagement and contemplative leisure is an equally important emphasis of the program. Residents, family, and staff are encouraged to talk to Life Enrichment/Wellness Director Michelle Swantek about how they define leisure—both individually and collectively.

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Leave home maintenance behind and discover Touchmark

by Shirleena King
—Sales Associate

Touchmark at Meadow Lake Village offers a healthy and active retirement lifestyle. Residents gladly trade the responsibility of home ownership for the active freedom they experience every day at Touchmark.

All that new-found time allows them to enjoy the meticulously manicured 100-plus acres of resort-like setting with its country-club atmosphere. The atmosphere at Meadow Lake Village can inspire and nurture, as there are numerous enriching events and time to cultivate friendships. Here, people share their lifetime of knowledge and experiences and enjoy social, cultural, and educational opportunities.

You have dreams of how you'd like to live your life, and Meadow Lake Village can help you to live them. At Touchmark, you are free to explore and share new interests with friends and family while you pursue your goals

with confidence and peace of mind knowing that the Touchmark staff are always here for you.

Touchmark offers an array of homes and lifestyle options

Touchmark is featuring the Monroe cottage. This classy home has 1,768 square feet with three bedrooms, two baths, and a two-car garage. Upgrades include hardwood floors, stacked cabinets, granite countertops with backsplash, and a floor-to-ceiling rock fireplace with natural wood.

The Monroe is truly a beautiful must-see home! This home is priced at \$320,000. To see this home or others, come tour any day from noon to 5 pm and Sundays from 1 to 4 pm. For more information, call the Sales team at 888-978-5050.



The Monroe cottage includes this rock fireplace, which extends to the ceiling and incorporates natural wood.



The Monroe's upgraded kitchen combines function and beauty with hardwood floors, stacked cabinets, and granite countertops with backsplash.

Giddyap—residents visit rodeo

by Sandy Jeffers

—Life Enrichment/Wellness Assistant

The Snake River Stampede is one of the top 12 professional rodeos recognized by the Professional Rodeo Cowboys Association (PRCA). The rodeo is held for one week in late July every year and includes all seven PRCA approved rodeo events. Professional and world-champion cowboys and barrel racers come from across the nation to compete for top prize money, glory, and fame.

Upon hearing that the Snake River Stampede was back in town, we brushed off our cowboy hats, belt buckles, and boots. After getting all dressed in our cowboy attire, we headed out to the rodeo. With the singing of the national anthem and a few words from the announcers, everyone was in a patriotic mood. Suddenly the stadium lights went black as the globally recognized Calgary Stampeders, a group of women who have dazzled audiences with their one-of-a-kind light show on horseback, performed.

The rodeo ambiance was amazing, as we watched bull riding, saddle bronc riding, tie-down roping, team roping, steer wrestling, barrel racing, and bareback-bronc riding. Through the knowledge of announcers, we learned all about rodeo techniques, rules, and competition. Throughout the evening we all were very impressed with the talent and courage that the cowboys showed. It was a wonderfully entertaining evening. We all left with a little better understanding and appreciation for the cowboy way of life!



Marilyn Heitzman (left) and Elgie Keller dress in their finest cowgirl attire for an evening at the rodeo.

Upcoming events

Tuesday, August 21, 1 pm—The Western Idaho Fair.

Wednesday, August 22, 4:30 pm—Leave for Starlight Mountain Theatre, presenting *Rodgers & Hammerstein's State Fair*. Dinner at 6 pm at The Longhorn. Show starts at 8 pm.

Wednesday August 29, 7 pm—One-Day Redesign event. Get helpful hints on decorating and downsizing.

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 August is a recipe with a story.

Sweet Potato Casserole

by Norma DeGroot

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

I was at Elderhostel five years ago in Alabama. They served this dish several times throughout our stay, and everyone enjoyed it so much. By the time we were ready to go home, they had the recipe for all of us to take home. I took it and shared it with Food Services Manager Randy Austin, and it is now a fall favorite on the menu at Waterford.

Mix the following ingredients and put into a baking dish:

- 4 cups mashed sweet potatoes
- 3/4 cup milk
- 3/4 cup sugar
- 1 1/2 tsp. vanilla flavoring
- 3/4 cup butter or margarine

Topping:

- 1 1/2 cup brown sugar
- 1/2 cup flour
- 2/3 cup butter or margarine
- 1 1/2 cup chopped pecans

Mix first three topping ingredients, spread on top of sweet potato mixture, and top with pecans.

Bake in a preheated-350-degrees oven for 35 minutes.

For September, please submit a book review of your favorite book. Deadline for this issue is August 22. For a list of the guidelines, monthly themes, and deadlines, please contact Life Enrichment/Wellness Director Michelle Swantek.

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Stepping out of the ordinary

by Michelle Swantek
—Life Enrichment/Wellness Director

In mid-July, the residents took a walk on the wild side. Instead of having our regularly scheduled fitness classes, we went to the MK Nature Center. Although the day was a



Marge Heinzen (left) and lodge neighbor Theresa Claiborne enjoyed the scenic MK Nature Center.

little hot, we had a delightful time exploring this unique educational center, which sprawls for more than four acres near the Boise River Greenbelt. We especially enjoyed spending time with new resident Marge Heinzen, who relocated to Idaho in July from Touchmark's sister community in Bismarck, North Dakota.

We loved the beautiful hummingbird-butterfly garden with its flowers all in bloom. It was a fun and adventurous day for everyone.



The MK Nature Walk was a big hit and a good alternative to the regularly scheduled fitness class.

New lodge offers assisted living services

Touchmark is a leader in providing innovative active adult living and has recently expanded its lifestyle options to include condo-style homes that offer assisted living services. These homes feature natural light, courtyard views, and the right balance of privacy and support to enable residents to experience life with ease and confidence.

Residents enjoy meals and catered events provided by an executive chef in a beautifully designed dining room. They can participate in various planned social activities and have access to a private library, computer room, and fully equipped hair salon.

For more information, call Sales Associate Jennifer Motta at 208-888-2277.



Touchmark's new lodge—The Meadows at Meadow Lake Village—offers assisted living services in a supportive and comfortable atmosphere. The lobby (pictured) invites people to gather and socialize.

